

100+ recipes
inside!July 2011
AED 15

GoodFood

Tasty & healthy

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- ✳ Superhealthy suppers
- ✳ Light and satisfying mains
- ✳ Quick & nutritious lunches

WIN
Cooking class at Verre
by Gordon Ramsay,
gourmet hampers,
weekend getaways
and more...



FREE
RECIPE
BOOKLET!

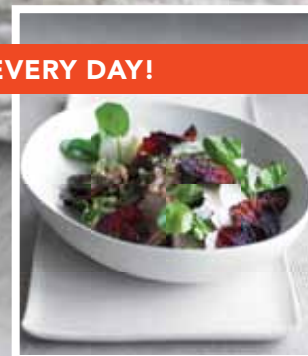
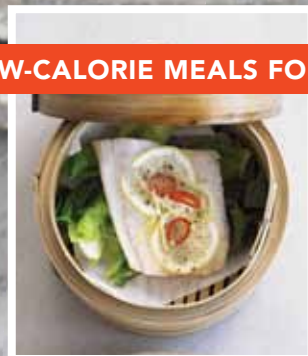
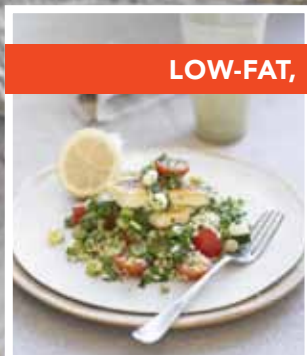
JAMES MARTIN'S
BRUNCH

GET YOUR KIDS
IN THE KITCHEN!

*From tagine
to masala*

MASTER IT:
PASTRY

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triblade



The power and efficiency of the Kenwood Triblade Hand Blender's 700 watt motor gives you perfect, one-handed control to blend a variety of ingredients effortlessly.

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All in all, Kenwood Triblade Hand Blender is the perfect solution for preparing delicious dishes and giving you more time to spend with your family enjoying your wonderful culinary creations.



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Europe

*Source: GfK 10 Countries 2010, by value – excl. Juicers

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Win a gourmet foodie
hamper from Jones the
Grocer worth AED 1000!

Details on page 9



EDITOR'S NOTE



A taste of health

Whenever I hear the word diet, I cringe. The word has so many negative connotations for me, conjuring up memories of eating cabbage soup for days on end in preparation for a beach holiday, or eating a grape fruit and black coffee for breakfast to try and slim down to fit into a clingy dress. Yuck, is all I have to say. And I didn't look (or feel) any better as a result.

I love food, as I know you do too, and when extreme diets come into play I find them not only unpleasant on the palate, but anti-social, unrealistic and very short-lived too. While I may have lost a few kilogrammes when trying these so-called quick fixes, the weight always piled back on the minute I started eating normally, and I was often wracked with guilt and cursing my non-existent will power.

But, as I have come to understand, healthy eating is not about fad diets or extreme measures, but rather about finding a balance. If you indulge in a decadent brunch now and again it is ok. If you can't resist picking up your favourite red velvet cupcake, that's ok too. Just don't overdo it. Cherish fresh, real ingredients above processed, artificial food. Eat loads of fresh fruit and vegetables, drink enough water, snack on nuts rather than crisps, and (as we all know) eat a good breakfast. But, when you succumb to temptation and order a pizza over the weekend, don't be hard on yourself. Enjoy your food, savour the tastes, understand what vitamins and nutrients you are getting from you food, and try to make the right choices 80 percent of the time.

This issue is packed with healthy inspiration and easy, tasty recipes your whole family will enjoy. Nutritionist Carole Holditch gives us tips to keep in shape, while the light, but satisfy salad spread on page 26 will inspire you to take your greens to new heights.

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, Editor
lauren@cpidubai.com

PAGE 54 | Get cooking with Dalia



PAGE 70 | Thai Food Club event



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112 LAST BITE

Make a change. We end off our 'healthy issue' with ten easy swaps to ease you into a healthier lifestyle

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Our recipe descriptions

- Suitable for vegetarians
- You can freeze it
- Not suitable for freezing
- Contains pork
- Contains alcohol
- Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- Low fat** 12g or less per portion.
- Good for you** Low in saturated fat, low in salt
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork
- contains alcohol

Crazy for competitions

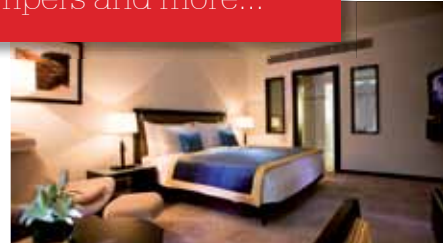
Win luxury hotel stays, gourmet dinners, foodie hampers and more...



WIN a masterclass with Chef Scott and Chef Nick from Verre by Gordon Ramsay valued at AED 950 per person
Experience an intimate cooking master class with the Verre team at the multi award-winning restaurant. These Ramsay-inspired cooking classes are perfect for cooking enthusiasts looking to learn top tips, or anyone with a passion for food!



WIN an overnight stay at the Marriott Dubai Green Community for two inclusive of breakfast and dinner at Cucina restaurant
A deluxe 4-star hotel that provides premium services set amidst an abundant lake and landscaped parkland, the Courtyard offers a serene yet functional environment for business or leisure travellers.



WIN an overnight stay for two with dinner at Wok In restaurant
Located in one of the most diverse and culturally rich parts of the city, Mövenpick Hotel Deira is situated just ten minutes from the world-famous Gold Souk. Wok In Restaurant serves you a spectrum of Pan-Asian dishes based around a noodle theme.



WIN a summer detox day package valued at AED 899
The Dubai Herbal & Treatment Centre provides complementary remedies along with allopathic health treatments, all under one roof. The centre focuses on the harmony between conventional and alternative medicine and providing relief to many with chronic conditions. Enjoy a day of detoxing!



WIN a Jones the Grocer gift hamper valued at AED 1000
Australian fine food retailer, Jones the Grocer sells a hand-selected range of premium, gourmet foods sourced from artisan suppliers from around the globe. With a focus on natural ingredients and authentic production methods Jones the Grocer sources products of unmatched integrity to cater to all food lovers.



WIN an overnight stay with breakfast for two at Le Royal Meridien Beach Resort and Spa
Situated along the golden sands of Jumeira beach with the glittering towers of Dubai Marina as its backdrop, Le Royal Meridien Beach Resort and Spa is set in acres of lush, landscaped gardens. Enjoy a superior degree of comfort, hospitality and personalised service.



WIN a cooking class with Dalia Dogmoch of Kitsch Cupcakes
Dalia Dogmoch, the creative force behind Kitsch Cupcakes is an amazing cook with a passion for authentic, real cooking. Eight lucky readers stand a chance to attend a cooking class in Dalia's gorgeous kitchen within her divine Dubai home. Enter this competition to enjoy a relaxing afternoon of culinary bliss.



WIN a 10-piece set of fabulous Culin'Or L'Apprenti cookware
Brand new on the market, Culin'Or is taking the cooking world by storm with its fabulous new range of quality cookware, bake ware and small appliances. L'Apprenti range of pots and pans is durable, ergonomic and healthy too, as the coating is free from any harmful chemicals. Find out more about Culin'Or on page 16.



WIN a Philips Air Fryer worth AED 999
Enjoy all your family favourites without feeling guilty. The Philips Air Fryer cooks food quickly, using little-to-no oil, so you can eat chips, chicken nuggets, falafel and many other dishes knowing that it isn't laden with unwanted fat. Learn more about the Philips Air Fryer on page 30. There are some yummy recipes too.

To stand a chance to win these prizes visit our competitions page on www.bbcgoodfoodme.com and fill out the forms; it is so easy to do!



Häcker, the definitive German luxury kitchen company, dedicated to designing and crafting the world's most desirable kitchens.

Off the shelf

Gadgets, accessories, products and books to make your cooking and eating that much more fun



PHILIPS ALUMINIUM JUICER

Enjoy fresh, healthy, home-made juice every morning with Philips' aluminium juicer. Creating juice in minutes, it has a unique micro-mesh filter made out of stainless steel that squeezes every drop; giving you more juice (and nutrients) in every glass.



LA TOURANGELLE SESAME OIL

Enjoy this essential ingredient of Asian cuisine and add flavour and outstanding health benefits to your cooking with La Tourangelle's sesame oil. Through toasting the sesame seeds, the oil harnesses an amazing flavour. Sesame oil is an excellent source of polyunsaturated fatty acids including omega-3, omega-6 and omega-9.

BRAUN CORDLESS HAND BLENDER

Braun Multiquick Cordless is a great addition to any kitchen, giving you more time to host and entertain. Whether you're in charge of the family barbecue, preparing your speciality dessert or making the kids fresh smoothies during a picnic in the park, the Braun cordless blender is easy to use and extremely versatile.



CULIN'OR COOKWARE, BAKE WARE AND SMALL APPLIANCES

A fantastic new and affordable high-quality brand in the UAE, Culin'Or has rolled out cookware and home appliances to suit every cook's need. Look out for the Culin'Or range of blenders, hand-blenders, food processor, meat grinders, choppers, rice cookers and contact grills.



NEW KENWOOD TRUE BLENDER

Ideal for multi-tasking, the Kenwood True Blender has a two litre, family-sized goblet, and a metal lined grinding mill ideal for preparing spice mixes and pastes. It also comes complete with a pre-programmed ice crush button. Controlled with the three-speed plus pulse it has a handy cord storage feature and an easy clean design.



THE VIVA MAYR DIET BOOK

Written in a very accessible and entertaining way, the Viva Mayr Diet gives you all the information about Dr Harald Stossier's famed diet in bite-sized chapters. Designed to help you shrug bad habits and get into a healthier lifestyle in 14 days, the book is food for thought, even if you don't wish to follow the diet. It provides great information about the importance of chewing your food properly, implementing good oils into your daily diet and avoiding processed food such as white bread that is devoid of any nutrition.



PHILIPS ALUMINIUM STEAMER

It's all about flavour with this state-of-the-art aluminium steamer. Packed with gourmet features like Gentle Steam (ideal for cooking delicate fish), Flavour Booster+ and Turbo Start, it brings out the natural full flavour of your food. Many of the natural vitamins and minerals in food are often lost when a steamer doesn't reach its full temperature fast enough, but the Turbo Start function takes care of this problem by heating up rapidly to full steaming temperature within seconds.

TERRIFIC TOMATO PASTE



Smooth and delicious, **Lacnor Tomato Paste** will add a zing of flavour to your favourite dishes. Your whole family will love these scrumptious pizza and pasta recipes



Bake-from-the-freezer pizzas

MA KES 6 • PREP 30 MINS • PLUS RISING • COO K 15 MINS • **Easy**

500g pack bread mix or pizza base mix
little plain flour, for rolling
6 tbsp **Lacnor Tomato Paste**
small bunch basil leaves, shredded
18 cherry tomatoes, halved
250g ball mozzarella, torn
25g/1oz Parmesan (or vegetarian alternative), grated

1 Make up the bread dough following pack instructions, and transfer to an oiled bowl to rise for about 1 hr.

2 Knock back in the bowl by squashing all the air out of the dough with your fist. Divide the dough into 6 and roll each one on a lightly floured surface to a circle about 18cm in diameter. Put dough you're not using

under a damp tea towel or oiled cling film to stop it drying out.

3 Put the pizza bases on large oiled baking sheets – you may need 2 or 3. Spread 1 tbsp Lacnor Tomato Paste on each base, then scatter on the basil, tomatoes, mozzarella and Parmesan (or whatever you fancy). You can freeze the pizzas now, if you like, on the baking sheet, wrapped in cling film. Or if eating straight away, heat oven to 240C/220C fan/gas 9. Cook for 8-12 mins, until crisp and golden. To cook from frozen, remove the cling film and heat oven to 220C/200C fan/gas 7. Bake for 10-14 mins until crisp and golden.



Italian tuna balls

SERVES 4 • PREP 15 MINS • COOK 5 MINS • **Easy**

2 x 185g cans tuna in sunflower or olive oil, drained (reserve a little oil)
small handful pine nuts
zest 1 lemon
small handful parsley leaves, roughly chopped
50g/2oz fresh breadcrumbs
1 egg, beaten
400g/14oz spaghetti
500g jar tomato pasta sauce
1 tbsp **Lacnor Tomato Paste**

1 Flake the tuna into a bowl, then tip in the pine nuts, lemon zest, parsley, breadcrumbs and egg. Season, then mix together with your hands until everything is completely combined. Roll the mix into 12 walnut-size balls. Put a large pan of salted water on to boil,

then cook the spaghetti according to pack instructions.

2 Heat a little of the reserved tuna oil in a large non-stick frying pan, then fry the tuna balls for 5 mins, turning every min or so until completely golden. Drain on some kitchen paper. Heat the tomato sauce and the Lacnor Tomato Paste then toss together with the pasta and tuna balls.

*Bring
more
flavour
to your
recipes with*



Top 10 foodie moments

From top restaurants to try, quirky foodie moments, the best deals in town and nutritious information, *BBC Good Food ME* keeps you in the know

1 **Deira's WOK STAR**

Delicious Asian cuisine at a very reasonable price, you can enjoy authentic dishes from China, Singapore, Indonesia, Japan and Thailand at Wok In, the signature restaurant of Movenpick Dubai Deira. The cuisine served is not a fusion of styles, but rather a menu of different dishes from different parts of Asia such as sushi, dim sum, chili crab and delicious wok creations, as the name suggests.

For starters, we would recommend the Peking duck pancakes. The duck is tender, tasty and crispy on the outside and the pancakes are thin and light. Wonderful for sharing, you can choose between quarter or half duck portions, and you roll up your pancakes with hoisin sauce and veggie strips at the table. The dim sum and sushi is also a winner, so perhaps choose three starters to share between two.

For mains, the Singaporean chilli crab is a messy, but fun treat. You are given an apron and utensils to crush the crab shell and are rewarded with the tender and flavoursome crab meat when you crack through it.

With an open-plan kitchen, cosy décor and windows looking onto the buzzing Deira streets, there is a fantastic energy to the restaurant. The restaurant is open daily for lunch and dinner.



2 **THE LIME DOESN'T FALL FAR FROM THE TREE**



As we're sure you all know by now, the newest Lime Tree Café opened in Dubai Media City last month. Situated close to the Aarjan Rotana, right next door to the newly opened Mini car showroom, the décor still has the rustic charm of the other Lime Trees, but with a fabulous industrial chic look. Gun metal walls with the roof structure exposed and creative lights made out of large pots are some of the new elements, and with floor-to-ceiling windows the restaurant is lovely and light. The menu resembles what you will find in the other Lime Tree Café's, with favourites like the vegetarian breakfast pie, the wild rice salads with feta, bacon and butternut, the hot breakfast specials, and of course their famous carrot cake.

3 **A Yum-my new menu**

The trendy noodle bar, Yum, which is located on the ground floor of the Radisson Blu Hotel, Dubai Deira Creek introduces a new menu this month.

A fusion of the Eastern cuisine, the menu combines Malaysian, Thai, Vietnamese, Indonesian and Singaporean dishes, with healthy noodle-based dishes designed for those who want delicious, quick, affordable meals. Starting on 1 July, Yum introduces new mouth-watering dishes to the menu, featuring a wide variety of starters, soups, wok fried dishes, vegetables and side orders, rice dishes, desserts and a selection of 'Yum Specials' to suit all taste buds.

foodie moments

4 Brunch... and all that jazz!

The Gramercy, DIFC's Friday brunches have been in full swing over the last few months and have been a fantastic combination of delicious food, jazzy tunes and wonderful drinks. Unlike other brunches, you dine a la carte here; taking your pick from their gastro-pub menu, and mixing and matching different options. For the drinks, you can enjoy not only wine and beer, but a selection of cocktails such as mohitos, bellinis and bloody marys too. With a buzzing atmosphere and scrumptious food and drink, and a live roaming sax player, this is one of *BBC Good Food ME's* new favourites. AED 325, including cocktails and AED 175 for food and soft drinks.



5 Top of the world, ma!

It's always fascinating to learn where our favourite chefs choose to take their holidays. Despite our fond imaginings that they go on annual pilgrimages to the world's finest tables or expeditions to source the world's finest ingredients,

truth is that most of them just want to chill out, see something new and forget about the day job.

Such reasoning applies to Paul Lupton, head chef at Rhodes Mezzanine, who's been larging it in Nepal - temples, tourist trails, morning flights past Everest, chilled pints in darkened rooms and so on.

We wonder what he'll bring back as influences to the stylish Mezzanine menu, given that the standard fare in Nepal is the ubiquitous dal bhat tarkari - a simple if delicious combination of lentil soup, boiled rice and veg curry, accompanied by fresh chutney or fermented pickle.

Judging by his posted photos on Facebook, Paul also seems to have succumbed to momo - meat filled potstickers, which came to Nepal from Tibet.

Interestingly, breaches of dietary etiquette were made criminal offenses in Nepal in 1854 and not decriminalised until 1962.

Those looking for Nepalese food in Dubai may have to hunt, despite the increasing numbers of Nepalese coming here to work. Try the Nepali Restaurant (+971 4 393 9018) or the Kathmandu Highland Restaurant (+971 4 353 6308).

6 Berry, berry nice

Berries are some of the healthiest foods on the planet. Extremely high in antioxidants, by eating berries you can help prevent cell damage, which assists in slowing down ageing.

Why not bring a punnet of strawberries or blueberries to the office to munch on this summer, rather than a salty packet of crisps or a sugar-laden chocolate bar? While the salt and sugar might give you an initial boost of energy, the berries will refresh you, making you feel better for longer.

To pick the berries with the best health benefits, go for the goji berry that are composed of many essential amino acids, trace minerals, vitamins and beta carotene; the blueberry, which is known as the 'antioxidant powerhouse'; or the acai berry, which is a relatively new found super food associated with heart health, lowering levels of cholesterol and assisting in anti-ageing and cell regeneration. Strawberries are great too, and are known to assist in protecting the heart from disease, reduce risks of cancer. Strawberries also act as an overall anti-inflammatory, and studies show that strawberries may also help protect our brains from age-related mental debility. Blackberries and cherries are fantastic choices, too.



foodie moments



AMAZING ASPARAGUS

Half a dozen or so cooked spears of this tender green veg provides some of each of the B vitamins we need, but most significantly, will give you around three-quarters of your daily dose of folic acid. While this vitamin is best known for helping avoid spinal defects in newborn babies,

it is also essential for the body to make red blood cells and recent research has linked it to mood balance and good heart health. Asparagus also contains rutin, a chemical which has antioxidant and anti-inflammatory properties. *Learn more on page 36.*

A quick Salmon & asparagus pesto

Cook 225g asparagus in boiling water for 3 mins, then drain (reserving 4 tbsp cooking water) and cool under cold water. Drain and cut off the tips. Blitz the stems with a handful baby spinach, 50g grated Parmesan, 1 tbsp pine nuts, 1 garlic clove, 1 tbsp olive oil and some black pepper. Blitz with the cooking water to form a pesto. Toss through 500g cooked pasta, with the reserved tips and 200g shredded smoked salmon.



The Shang Palace at Shangri-La Hotel, Qaryat Al Beri has some super specials available this July:

CRAB DELIGHTS

Shang Palace presents a delightful crustacean feast for lunch and dinner this month. Enjoy the rich taste of Alaskan crab, steamed with egg white or stir-fried with ginger and onion.

Served from 8 to 23 July.

YAM CHA – A TRADITIONAL CHINESE EXPERIENCE

Indulge in the popular all-you-can-eat extravaganza at Shang Palace, and enjoy twelve kinds of steamed dim sum, noodles and rice, with your choice of soup and dessert.

9



Home-style deliveries from Casserole

Are you craving delicious, wholesome food? Casserole has recently launched in Dubai, providing freshly cooked, nutritious dishes delivered straight to your door.

Perfect for a yummy lunch in the office, or a big sharing meal for family or friends at home, you can order dishes like lasagna, soups and casseroles, among many other options. Sealed and delivered chilled directly to your doorstep in flexible packaging, you can heat up the dishes in your oven or microwave.

If you are in the mood for entertaining, but do not feel like cooking, Casserole creates party-sized meals cooked and delivered in ceramic bowls. So you can take all the credit for the cooking, and no one ever has to know!

Fast food has never been so tasty and nutritious. You can order your casserole dishes seven days a week from 10.00 to 22.00.



10

Bastille Day celebrations at Sofitel

On the occasion of the French National Day on July 14, Sofitel JBR is celebrating the culinary delights of France.

On Wednesday 13 July you can enjoy a French cheese and wine buffet from 19.00 to 22.00 in the Plantation Lounge that includes blind tasting animation with 'La maison MONS' cheese expert.

From 14 to 16 July at AOC French Brasserie, you can enjoy a regional French buffet featuring the best traditional specialties such as beef bourguignon, gratin dauphinois as well as scallops, foie gras, crêpes from live cooking stations. Valued at AED 180, a selection of French wines are available too.

On Friday 15 July, at AOC French Brasserie you can enjoy brunch à la Française with crêpes, croissants, baguette bread and French signature dishes for AED 195, and AED 275 – including French Bubbly.

On a lighter note...

A GORDON RAMSAY ROM-COM

Sometimes it takes a man as big as Gordon Ramsay to pull defeat from the jaws of victory.

After a less than pleasant two years which saw his restaurant empire falter and contract, rumours of extra-marital dalliance and a venomous split with his business partner (aka father-in-law), you'd think now he'd be satisfied with his company out of the red, his TV career continuing to blossom and his recipe showcase in *BBC Good Food Middle East*. But no.

Along comes *Love's Kitchen*, a by-all-accounts execrable romantic comedy where a freshly widowed chef in career freefall is given tough love advice by our favourite chef, leading him to open a small gastro-pub in the country and fall in love with local food critic. Bless.

Funny kitchen-based movies that succeed? Hmm, apart from *Ratatouille*? It's a thin list, now joined by this entrant, almost too easily categorised by critics as Ramsay's 'turkey'.

And, to add that extra little bit of sourness to the recipe, the film's producers even managed to misspell his name as 'Ramsey' in the credits.



A MAN, A PLAN, A CAN

There's something so deliriously simple about the sandwich that makes it an ideal lunchtime snack for many of us. Allegedly invented for the Earl of Sandwich who loath to leave the gaming table to eat, the base concept of two slices of fresh bread filled with any kind of filling from egg mayo to tuna salad, cheese and tomato or (in the case of the Liverpoolian chip butty) simply chips and ketchup makes it a world beater.

So how could the idea be improved?

How about - what for it? - a sandwich in a can, with year-long storage possibilities! Ideal for those moments when you're just too busy to butter up a couple of slices of bread and stick some cold cuts or cheese between them. Ideal, as the company's promotional material suggests for "students, construction workers, soccer moms and outdoor enthusiasts", as well as those suffering the after-effects of natural disasters...

The Candwich lives amongst us in peanut butter and jelly or BBQ chicken flavours, each with an additional candy treat for any nearby kids. Those with a penchant for pepperoni pizza stuffed in a long-life refined white flour bun will have to wait a short while, for the second tranche of flavours.

And the price of this science fiction future? Just \$3 (AED 11) a Candwich. Let's hope this canny idea doesn't make its way to the UAE.

HOW DO YOU GET HEALTH AND NUTRITION WITH THE CONVENIENCE OF DELIVERY?

Casserole delivers freshly cooked home style dishes cooked by Chef Bertrand and his team, sealed and delivered directly to your doorstep anywhere in Dubai ready for you to heat up and eat when hunger strikes! Our flexible stylish packaging allows our food to be heated in a microwave or oven & comes with heating instructions, ingredients list and allergy warnings. Bon appétit!

A totally new concept for Dubai! Freshly cooked, home style dishes cooked by Chef Bertrand and his team, sealed and delivered directly to your doorstep ready for you to heat up and eat when you're ready!

Convenience and flexibility are key to this unique concept. Allowing the busy residents of Dubai to eat sensible home cooked food at less than the price of buying all the ingredients in the supermarket and certainly with less of the hassle! Detailed ingredients of each dish can be found on the website and the packaging so you know what you are eating - no hidden nasties! Any allergy risk ingredients are also highlighted.

No longer is there an excuse for greasy take away food if you have no time to cook or none of the skills required to produce a delicious home cooked meal. Casserole is here to help.

Bon appétit!



Gazpacho



Lasagne Al Forno



Apple Crumble

• for lunch on the go • for a lazy night in • for family gatherings • for a balanced diet



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Place your order for delivery
Select your food, order it and wait for delivery



Heat your food
Once delivered, heat your meal in your oven or microwave



Bon Appétit
Enjoy your delicious meal





Ask us!

Battling to get your cakes fluffy or your roast potatoes just right? Let our resident cooking pro answer all your queries. This week she focuses on how to bake to perfection

How do I know if my baking powder and baking soda are still fresh?

To test if baking powder is still good, combine 1 teaspoon baking powder with 1/3 cup hot water. If it bubbles, it's still fresh! To test baking soda, put two tablespoons of white vinegar into a small bowl and add one teaspoon of baking soda. If it fizzes immediately, go ahead and use it.

How do I need to alter a recipe if I am using a convection oven?

The general rule of thumb for converting a recipe from a conventional oven to a convection oven is to either use the same temperature and bake for 75 percent of the stated time (i.e. if a recipe says to bake for 20 minutes, bake for only 15 if using a convection oven). You can check out this Convection Oven Temperature Conversion Calculator as a starting point. Also, open the oven door as little as possible during baking.

Many recipes call for unsalted butter. Can I use regular salted butter instead?

I definitely recommend using unsalted butter in baked goods, because you can control the total amount of salt in the recipe. However, if you do not have unsalted butter and don't want to make a trip to the store, simply use your salted butter, but omit the salt in the recipe.

If a recipe calls for espresso powder or freshly brewed coffee and I don't like coffee, can I leave it out?

Yes, you can omit espresso powder. Coffee typically enhances the flavour of chocolate, which is why you see it included in some brownie and chocolate cake recipes. It usually is not prominent, but if you don't want to use it, you can omit it. Substituting freshly brewed coffee depends on the amount called for. If it's a tablespoon or two, you can omit or substitute vanilla extract. If it's any more than that, I would recommend substituting hot water so that the final texture isn't affected.



Cake crimes

Dry cake should be against the law. Maybe we should even exact a fine, too, for the perpetrator. But, it's not against the law, so this crime against confectionary just goes on and on.

Why do I care so much, you ask? It's only cake. To that I say, cake is more than just the ending to a celebratory meal. Cake seals a fate. What, you don't believe me? Think about the couples you know who are divorcing. Now, think back to their weddings. Dry wedding cake, right? I knew it!

You don't have to continue making dry cake, or worse yet: buying a round of sugary sawdust from your local supermarket. I'll let you in on my secret to moist cakes. And, no, I'm not drenching the layers in a flavoured simple syrup to fool you into thinking the cake is moist. All you get from that is a fraction of an inch's worth of soggy cake.

Bake your cake. Remove it from the oven after it's done. Don't over bake it, either, please. Let it sit on a rack til you can touch the pan without dropping it like it's hot.

Now, tap it on the counter top to loosen it from the bottom of the pan. Run a knife around the edge if you must. Turn it onto the rack, bottom up. Place your cardboard cake round on top and flip the cake right side up. You can trim the top of the cake now, or later. I trim quickly now.

The cake will still be warm. Very warm. Now, wrap it tightly in plastic wrap. It's counter-intuitive, I know. Just do as I say.

Then wrap it in aluminium foil and put it in the freezer. Don't wait until it cools. Do it now.

Moisture from hermetically sealing the cake rains down, literally, on the cake, providing extra protection from a normally de-hydrating freezer stay. Just move it from the freezer to the refrigerator the the night before you want to ice it. A slow thaw is a good thaw. And, we all know a cool cake is a much easier cake to ice, too.

Now that you know my little secret, you'll never cause another republic to fall again because the coronation cake was dry.



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But there is so much more now - with fantastic new products and lots of new ideas with our fish - all designed to make your life easier, healthier and much, much tastier. Our website is packed with everything you need to know about our extraordinary range of top quality products, with nutritional information, delicious recipes, hints and tips too. Take a little time to share our passion for great food - that's good for you.

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The strength of DAIRY

Milk and dairy products are an important source of protein, vitamins and minerals, and particularly rich in calcium, which is essential for healthy bones and teeth

When looking at milk and milk products that have great nutritional benefits, we are looking at milk, as well as cheese, yoghurt and fromage frais - but not butter, margarine or cream.

Supermarkets now stock many different varieties of milk. The most common is still cow's milk, but others include camel, sheep and goat's milk, as well as a number of plant-based substitutes - including soya, rice, oat and almond milk, suitable for those with lactose intolerance.

Milk (generally cow's milk) is often distinguishable by its fat content. Whole or full-fat milk contains about 3.5 percent fat, semi-skimmed contains about 1.7 percent fat and skimmed milk contains 0.1 to 0.3 percent fat.

Even whole milk is relatively low in fat and

* MILK PRODUCTS

Cheese contains the same beneficial nutrients as milk, but most cheeses contain much more saturated fat and high levels of added salt, so it's important to only eat full-fat cheese occasionally and in small portions.

Yoghurt is rich in protein and vitamin B2, and contains essentially the same nutrients as in milk. Some varieties contain living bacteria that are healthy for your digestive system (probiotics). Yoghurt can be made from whole or low fat milk, but be careful when choosing fruit yoghurts, as they often contain added sugar. Low fat doesn't necessarily mean low calories. If

calcium, Vitamin D is important because it helps the body absorb and retain calcium in the bones, making them strong. Similarly, sufficient exercise is now seen as another vital factor in maintaining healthy bone structure and density - concerns have been voiced that a lack of exercise in growing children will have a detrimental effect on their bones.

Calcium can continue strengthening your bones until the age of 20 to 25 when peak bone mass is reached. After this point, your bones can only maintain or lose their density and grow weaker as a natural part of the ageing process. Inadequate dietary calcium intake before this age can increase the risk of brittle bone disease and osteoporosis, as calcium is drawn from the bones as a reserve.

* WHY CHILDREN NEED CALCIUM

Calcium is an essential nutrient for all children to help grow strong bones and reduce the risk of developing osteoporosis when they're older. But many children and teenagers don't receive their recommended daily intake. Encouraging children and adolescents to drink more milk, rather than other drinks, can provide not only calcium, but also important proteins, carbohydrates and micronutrients.

* CALCIUM FOR VEGANS AND THE LACTOSE INTOLERANT

If your diet excludes milk and dairy products, or if you can't tolerate milk sugar lactose, then you need to look for calcium alternatives.

Contrary to popular belief, lowering the fat content in milk does not affect the calcium content

semi-skimmed milk can be labelled as a low-fat food.

Contrary to popular belief, lowering the fat content in milk does not affect the calcium content, so an adequate calcium intake can still be obtained from lower-fat dairy products. However, low fat milk contains less energy and lower amounts of fat soluble vitamins and isn't suitable for children under two years.

Some supermarkets have now started selling milk with a 1 percent fat content which has almost half the fat of semi-skimmed milk but retains a more creamy flavour. This is a good option for those who want to lower the amount of fat they're consuming but don't like the taste of skimmed milk.

you're watching your weight, look for 'diet' versions, or make your own by mixing fruit with natural, low fat, unsweetened yoghurt.

* THE IMPORTANCE OF CALCIUM

Calcium is a mineral that helps build strong bones and teeth, regulates muscle contraction (including the heartbeat) and makes sure the blood is clotting normally. Milk and dairy products have long been held as an important source of calcium, although more recently the role and safety of dairy calcium sources have been questioned by some scientists and more research is needed to draw a firm conclusion. Research suggests that in addition to



QUICK READ

BUTTER, MARGARINE AND CREAM

■ On a practical level, yes, cream and butter are dairy products because they are made from milk and milkfat. On a nutritional level, however, butter and margarine are placed into the fat category. Cream may be too, depending on its fat content.



OTHER DIETARY SOURCES OF THE MINERAL INCLUDE:

- Calcium-enriched soya milks, yoghurts and cheeses
- Dark green leafy vegetables, such as spinach, broccoli and watercress
- Almonds or sesame seeds – try as a topping on salads, cereals or desserts
- Dried fruits - apricots, dates and figs all contain small amounts of calcium
- Fish such as sardines and anchovies, especially the bones (for non vegans)

* **THREE-A-DAY**

As dairy products are such a rich source of calcium, three portions of dairy products each day should be sufficient to meet your body's calcium needs. Try to choose low or reduced fat versions to avoid too much unhealthy saturated fat.

THE FOLLOWING ARE EXAMPLES OF INDIVIDUAL SERVINGS:

- 200ml milk (whether it is whole or full-fat, semi-skimmed or skimmed)
- 250ml calcium-fortified soya milk
- 30g hard cheese (a piece the size of a small matchbox, such as cheddar, brie, feta, mozzarella or stilton)
- 1 small pot of low-fat plain or fruit yoghurt (150g)
- Fruit smoothie made with 200ml milk or 150g yoghurt





CULIN'OR
J'adore Cuisiner

What price do we put on the passion of cooking at home?

Launching in the UAE this month, Culin'Or is a fantastic new range of quality small appliances and cookware items that are affordable, functional and elegant too. The range of food preparation machines and non-stick pots, pans and bake ware items are available in a number of different styles and price points; meeting all your preparation, stove-top and oven cooking needs

L'Apprenti range

*An affordable, great-quality range
of cookware and small appliances;
Culin'Or is on sale now!*



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Win a fabulous
10-piece L'Apprenti set
from Culin'Or worth
AED 350!

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competitions page
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J'adore Cuisiner – I love cooking, is what Culin'Or cookware and small appliances is all about. With every product created, the company is encouraging you to enjoy your time in the kitchen and fall in love with cooking all over again. Products you can trust, enjoy using and rely on without paying the extra cost. The Culin'Or team has worked closely and directly with manufacturers from Asia, Europe and America to develop cookware with a high-quality finish that is safe and easy to use.

Meeting all European, American, and GCC standards, Culin'Or has taken steps to protect the consumer by certifying all the electrical appliances by Emirates Standardisation and Metrology Authority (ESMA), as well as submitting each electrical item to the Dubai Central Laboratory for full testing.

Public safety is a priority and the Culin'Or range of high quality non-stick cookware are certified PFOA,

lead and cadmium free. As the cookware eliminates the risk of chemicals getting into your food, it is an incredibly healthy choice for your family.

Not only offering great health benefits, Culin'Or products also give you peace of mind through a 360 degree service that spans from pre-purchase experience to post-purchase reassurance. Every item comes with a three-year guarantee and the company offers full servicing from the equipped service centre in Al Quoz, Dubai.

Meeting consumers' needs in terms of cooking skills and budgets Culin'Or's non-stick pans come in three well-crafted ranges. The entry level range is the **L'Apprenti** range which offers quality, non-stick cookware at the best price, **L'Intermediaire** range is a little more advanced in design and functionality, and the revolutionary top-of-range **Ceramique** range with the ultra-safe ceramic coating is the pinnacle of safe

cooking. **Granite** offers luxury within reach with a professional look and quality to ensure that the eye as well as the palate is pleased. Why cook under pressure? For good quality pressure cookers at an affordable price the Presto Click from Culin'Or will most definitely meet your needs.

While the L'Intermediaire and Ceramique ranges will be launching later this month, the L'Apprenti range will be in stores NOW, offering consumers fantastic non-stick pots and pans at very affordable prices. As an entry-level pan, you will be getting far superior quality to other pans in the same price range. Created in Europe and coated in PTFE non-stick with curtain technology, Culin'Or L'Apprenti pots and pans have long lasting and durable non-stick interior, free from PFOA, Lead and Cadmium, which makes the pan very healthy to cook with.

Culin'Or small appliances are chosen with precision and quality in mind, ensuring functionality for the end consumer, allowing for daily cooking tasks to be carried out with great ease. We have ensured that each and every one of our products is user friendly and comes with full Instructions for use, leaving more time for the enjoyment

and passion of cooking and less time in mechanical activity.

Culin'Or products are ones you can enjoy time and time again. Priced affordably, you no longer need to compromise on quality due to budget constraints when buying cookware for your family home. Enjoy spending money on quality ingredients and enjoy your time in the kitchen.

At Culin'Or we understand that business "means" business, but we also understand that businesses fund lives and we are not willing to compromise any of those lives through our manufacturing process or sales to the end consumers. Responsible procurement and sales is what Culin'Or takes into consideration. You cannot put a price on safety and health; we strive to ensure and improve the quality of lives in all aspects in our sourcing and provision of good quality products. With Culin'Or you can be happy that each product comes with satisfaction guaranteed.

Culin'Or is launching this new brand, to provide consumers with high-quality cookware, bake ware, pressure cookers and kitchen accessories at affordable and competitive prices.



WHY CHOOSE CULIN'OR?

- High quality, long lasting and durable products
- Elegant, functional designs
- Competitive price advantage, affordable and fantastic quality
- Reliable, safe and long-lasting; complying with international standards
- Three year warranty on all products
- All the diversity in one range: from cookware to small electrical appliances
- Complete customer service, from purchase to servicing, and a call centre to respond to any enquiries

AMAZING SMALL APPLIANCES FROM CULIN'OR

Not only producing high-quality cookware and bake ware, Culin'Or is rolling out a range of small appliances such as a selection of blenders, hand blenders, food processors, meat grinders, choppers, rice cookers and contact grills, with a complimentary breakfast range to follow.

All Culin'Or small electrical appliances not only are FDA safe, but are also fully European certified. We have taken the measures to be certified by Emirates Standardization and Metrology Authority (ESMA), with each electrical item submitted to the Dubai Central Laboratory for full testing.



Zesty haddock with crushed potatoes and peas

SERVES 4

INGREDIENTS

600g/1lb 5oz floury potatoes, unpeeled, cut into chunks
140g/5oz frozen peas
2½ tbsp extra virgin olive oil
juice and zest ½ lemon
1 tbsp capers, roughly chopped
2 tbsp snipped chives
4 haddock or other chunky white fish fillets, about 120g each (or use 2 small per person)
2 tbsp plain flour
broccoli, to serve

PREPARATION

■ Cover the potatoes in cold water, bring to the boil, then turn to a simmer. Cook for 10 mins until tender, adding peas for the final min of cooking. Drain and roughly crush together, adding plenty of seasoning and 1 tbsp oil. Keep warm.

■ Meanwhile, for the dressing, mix 1 tbsp oil, the lemon juice and zest, capers and chives with some seasoning.

■ Dust the fish in the flour, tapping off any excess and season. Heat remaining oil in a non-stick frying pan. Fry the fish for 2-3 mins on each side until cooked, then add the dressing and warm through. Serve with the crush and broccoli.

* For more tasty recipes created with Culin'Or products be sure to pick up the deliciously feel-good recipe book with this issue of BBC Good Food ME!





Lighten up

Celebrity cook and recipe book author *Suzanne Husseini* shares her scrumptious advice for healthy eating that is simple, real and satisfying. Be sure to try out her tabbouleh this summer!

The holidays have finally arrived. This is the time where we travel and seek out new destinations for fun and relaxation. The joy of seeing new and wonderful places, getting into the party mode and catching up with friends and family is great.

It is also a time where we feel we've earned the right to do things in excess because we are finally on vacation. 'Indulge' becomes the new word of the day.

While too much sun is dangerous, so is eating foods that are void of nutrition and high in salt and saturated fat. So called fast food fits this description. It is often irresistible to walk by restaurants that promise to give you a meal in minutes, without the dishes to clean up afterwards. That's the elusive appeal of fast food. It's fast, satisfying your hunger instantly, but it doesn't deliver the nutrition your body craves or needs.

I'm not a fan of low fat, no fat anything. It doesn't taste good. I think when the real fat is taken out so are the fat soluble vitamins and what is put in place of the fat is far scarier. Artificial sweeteners and fake food is something to be concerned about.

Real food is what you should make and real food is what you want your children to acquire a taste for. The summer is a great time to experiment with healthy, exciting dishes using the freshest produce. The supermarkets and farmer's stalls are laden with fruits, vegetables and herbs waiting for you take home, and it doesn't have to be complicated.

A salad like tabbouleh, for example, was born out of few ingredients that were common in most people's gardens. All you need is parsley, tomatoes, onions, mint and burghul (cracked wheat) and a dressing made with lemon juice and olive oil. It doesn't get easier than that. It's light, crisp and a great side salad with any barbecued meat or fish. Crumble some cheese on top and it can stand on its own as a light main course. It is filling and satisfying.

All salads can be made a little heartier by adding cheese or legumes like lentils, chick peas or beans. It's all about lightening things up in a natural way. Try using yoghurt (full fat of course) instead of mayonnaise as a base for a salad dressing and mix in spices and herbs for flavour. And the freshest vegetables, cooked or raw, can be brightened up by a squeeze of lemon and a drizzle of heart-friendly olive oil.

Summertime is the best time to shed a few pounds by replacing bad habits with good ones. One of my favourite ways to eat and entertain

is the mezze way, where I set out a number of delicious and healthy appetisers varying in flavours and textures. This style of eating is a social experience. Everyone shares. I also like to include hot and cold options. The choice is a feast for the eyes and invites you to savour one satisfying bite after another. And, before you know it you are lost in the moment sharing stories, tasting the dishes and urging one another to try the delicious morsels. Eat slowly and take the time to enjoy each dish... that is one of life's true pleasures.

My only tip: Do it often!

For more information, you can find Suzanne's page on Facebook, or visit her website at www.suzannehusseini.com.



“A salad like tabbouleh, for example, was born out of few ingredients that were common in most people's gardens. All you need is parsley, tomatoes, onions, mint and burghul (cracked wheat) and a dressing made with lemon juice and olive oil.”



Kibbeh tartare 4–6 SERVINGS

½ cup fine burghul
¾ cup cold water
½ onion, sliced fine
½ tsp allspice
1 tsp cinnamon
1 tsp cumin
1 tsp marjoram
1 tsp dry rose petals
1 red chilli, deseeded and chopped
salt and pepper
6 basil leaves
300 g of the leanest lamb, from the leg, minced fine (or fillet of beef)
extra virgin olive oil
fresh mint leaves, to garnish

1 Soak the burghul in just enough cold water to slightly cover, for about 5 minutes. Drain and squeeze out all of the water and place in a bowl. In a food processor (or a large pestle and mortar) put the onions, spices, rose petals, chilli and basil and pulse (or crush) to make a paste. Pour this into the burghul and season with salt and pepper.

2 Just before serving have a bowl of ice-cold water beside you. Begin to incorporate the burghul into the meat, wetting your hands a couple of times to help the mixture come together. The result should be smooth. Spoon and spread into small shallow plates. Use a teaspoon to make a decorative rim and drizzle on the extra virgin olive oil. Garnish with mint leaves. Serve as part of a mezze spread with plenty of pitta bread, more fresh mint, and some sweet red onions.

Tabbouleh 4–6 SERVINGS

6 firm, ripe tomatoes
½ cup fine burghul
4 spring onions, trimmed (whites only)
4 large bunches flat leaf parsley, stalks removed
1 handful mint leaves, stalks removed
½ tsp ground cinnamon
½ tsp ground allspice
1 tsp freshly ground black pepper
sea salt
juice of 2 lemons (or less)
½ cup extra virgin olive oil

1 Rinse the burghul in cold water, squeeze out the excess water and place in a bowl. Finely dice the tomatoes to keep their shape and place on top of the burghul. The juice from the tomatoes will soften the burghul and soak up the flavour. Wash the parsley and drain well. Use a salad spinner to get rid of as much excess water as possible to ensure the tabbouleh will be crisp and not soggy.

2 Grab hold of a big bunch of parsley and, gathering tightly, use the sharpest knife to chop the leaves thinly and finely (don't use a food processor). Slice the spring onions and mint in the same way to attain the

same texture. Place the chopped parsley and mint in a big bowl. Add the onions, tomatoes and burghul. Pour the lemon juice on top with the spices, then drizzle over the olive oil, salt and pepper. The best way to mix this salad is to use your hands to gently toss and coat every leaf evenly. The vegetables and herbs can be chopped in advance, but wait until the last minute to mix everything. Serve immediately with grilled fish, meat or chicken. For an elegant presentation, try serving tabbouleh in small baby lettuce leaves or mini cabbage leaves.



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Select from an exquisite selection of meat and seafood starters and mains, along with a variety of tempting desserts for a dining experience not to be missed. Main course items start from AED 140.

Aquarium – Simply Great Seafood!



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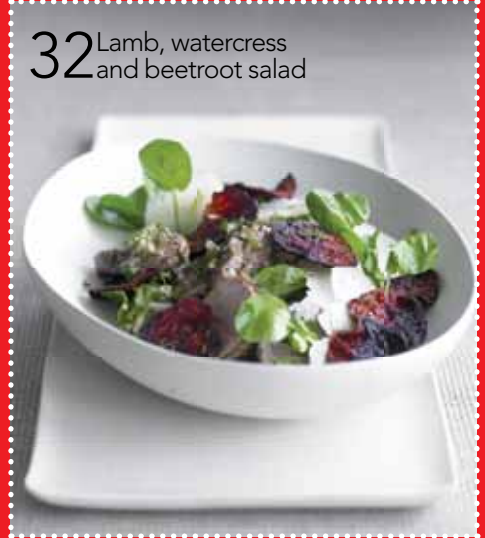


24 Mediterranean fish
& couscous



38 Steamed lemon tilapia
with teriyaki sauce

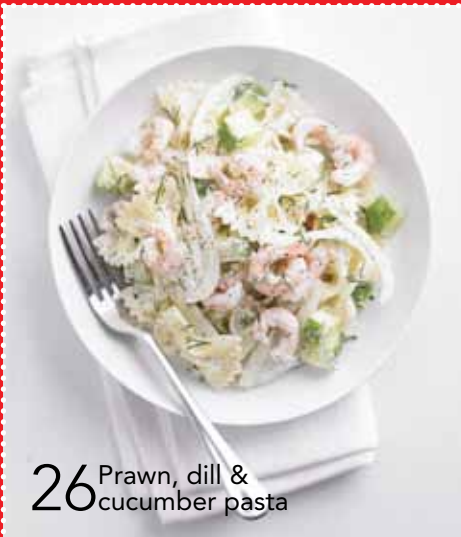
32 Lamb, watercress
and beetroot salad



Everyday recipes

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horseradish crumbs



EVERYDAY

Eat well all week

Easy, feelgood dishes for relaxed after-work suppers

RECIPES **LUCY NETHERTON**

PHOTOGRAPHS **DAVID MUNNS**


5

**feelgood
recipes**

Make double and have
leftovers for lunches

Mexican chicken & wild rice soup

SERVES 4 • PREP 10 MINS • COOK 20 MINS

Easy  **Superhealthy** Good source of vit C, counts as 2 of 5-a-day, Low fat

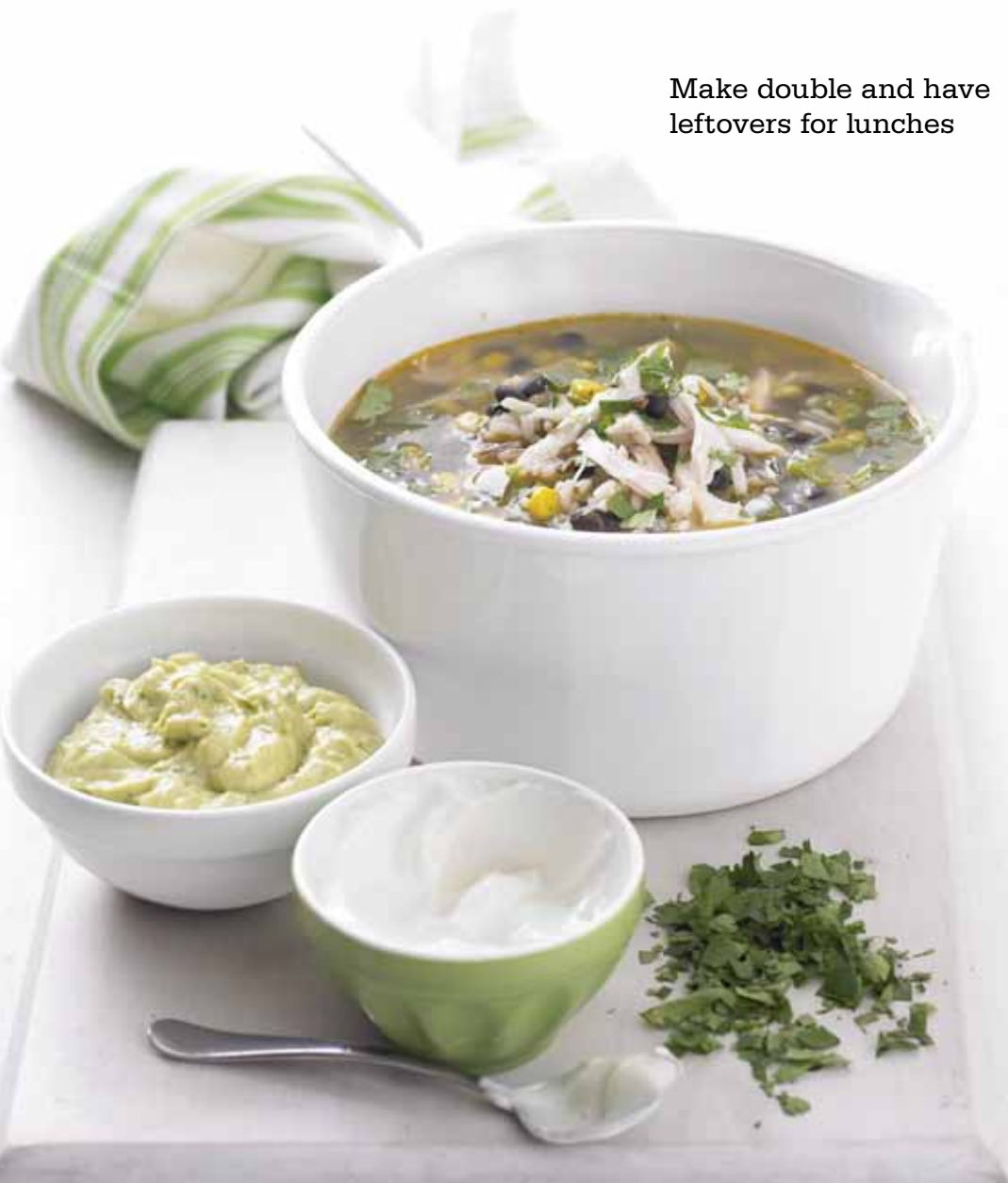
1 tsp olive oil
1 onion, finely chopped
1 green pepper, diced
200g/7oz sweetcorn, frozen or from a can
1-2 tbsp chipotle paste
250g Pouch ready-cooked long-grain and wild rice mix (we used Uncle Ben's)
400g can black beans in water, rinsed and drained
1.3 litres low-sodium chicken stock
2 cooked skinless chicken breasts, shredded
small bunch coriander, chopped
low-fat soured cream and reduced fat guacamole, to serve, if you like

1 Heat the oil in a large non-stick frying pan and cook the onion for 5 mins. Throw in the pepper and cook for 2 mins more, then add the sweetcorn, chipotle paste and rice. Stir well and cook for 1-2 mins.

2 Add the black beans and the stock. Bring to the boil, turn down to a simmer, then add half the chicken and coriander. Cool for 2-3 mins, then ladle into bowls.

3 Scatter over the rest of the chicken and coriander. Serve with a dollop each of guacamole and soured cream on top if you like.

PER SERVING 347 kcals, protein 29g, carbs 45g, fat 7g, sat fat 1g, fibre 5g, sugar 5g, salt 0.48g



Food styling KATY GREENWOOD | Styling TONY HUTCHINSON



Summer flavours

Jerk chicken kebabs with mango salsa

SERVES 4 • PREP 20 MINS PLUS MARINATING • COOK 20 MINS **Easy** **Superhealthy** Good source of folic acid and vit C, 2 of 5-a-day, Low fat

2 tsp jerk seasoning
1 tbsp olive oil
juice 1 lime
4 skinless chicken breasts, chopped into chunks
1 large yellow pepper, cut into 2cm cubes
100g bag rocket leaves, to serve
FOR THE SALSA
320g pack mango chunks, diced
1 large red pepper, deseeded and diced
bunch spring onions, finely chopped
1 red chilli, chopped (optional)

1 Mix together the jerk seasoning, olive oil and lime juice. Toss the chicken in it and leave to marinade in the fridge for at least 20 mins, or up to 24 hours.

2 Make the salsa by mixing all the ingredients together with some seasoning – add a chopped red chilli if you like extra heat.
3 Heat the grill or barbecue to Medium. Thread the chicken onto 8 metal skewers divided by the yellow peppers – aim for 3 of each per skewer. Cook for 8 mins each side until cooked through and lightly charred. Serve with the salsa and rocket leaves.

PER SERVING 263 kcal, protein 37g, carbs 19g, fat 5g, sat fat 1g, fibre 4g, sugar 17g, salt 0.30g



Vietnamese seafood salad

SERVES 5 • PREP 10 MINS • NO COOK **Easy** Low fat

400g pack cooked, mixed seafood
300g pack cooked thin rice noodles
300g pack bean sprouts
3 carrots, thinly sliced
1 bunch spring onions, sliced lengthways
bunch mint and coriander, leaves chopped
FOR THE DRESSING
5 tbsp rice wine vinegar
1 tsp caster sugar
1 red chilli, chopped
1 stick lemongrass, sliced
1 tbsp low sodium soy sauce

1 To make the salad put all of the vegetables and seafood in a large bowl, reserving a few of the herbs for the top. Mix everything together, so that the seafood and noodles are combined.

2 Make the dressing by mixing all of the ingredients, toss this through the salad, then divide between 5 deep bowls or pile on to a large platter and let everyone help themselves. Scatter the reserved herbs over the top to serve.

PER SERVING 211 kcal, protein 21g, carbs 26g, fat 4g, sat fat none, fibre 4g, sugar 8g, salt 1.89g



Mushroom, spinach & potato pie

SERVES 4 ● PREP 15 MINS ● COOK 45 MINS
Easy **V** **Superhealthy** Good source of folic acid and vit C, 2 of 5-a-day, Low fat

400g/14oz baby spinach
 1 tbsp olive oil
 500g/1lb 2oz mushrooms, such as chestnut, shiitake and button
 2 garlic cloves, crushed
 250ml/9fl oz beef stock (made from ½ a low sodium beef stock cube)
 300g/11oz cooked new potatoes, cut into bite-sized pieces
 1 tbsp grain mustard
 1 tsp freshly grated nutmeg
 2 heaped tbsp light crème fraîche
 3 sheets filo pastry
 300g/11oz each green beans and broccoli, steamed

1 Heat oven to 200C/180C fan/gas 6. Wilt spinach in a colander by pouring a kettleful of hot water over it.
2 Heat half the oil in a large non-stick pan and fry mushrooms on a high heat until golden. Add garlic and cook for 1 min, then tip in stock, mustard, nutmeg and potatoes. Bubble for a few mins until reduced. Season, then remove from the heat; add crème fraîche and spinach. Pour into a pie dish and allow to cool for a few mins.
3 Brush filo with remaining oil, quarter sheets then loosely scrunch up and lay on top of pie filling. Bake for 20-25 mins until golden. Serve with vegetables.

PER SERVING 215 kcals, protein 9g, carbs 29g, fat 8g, sat fat 2g, fibre 5g, sugar 4g, salt 0.77g

Mediterranean fish & couscous

SERVES 2 ● PREP 10 MINS ● COOK 20 MINS **Easy**

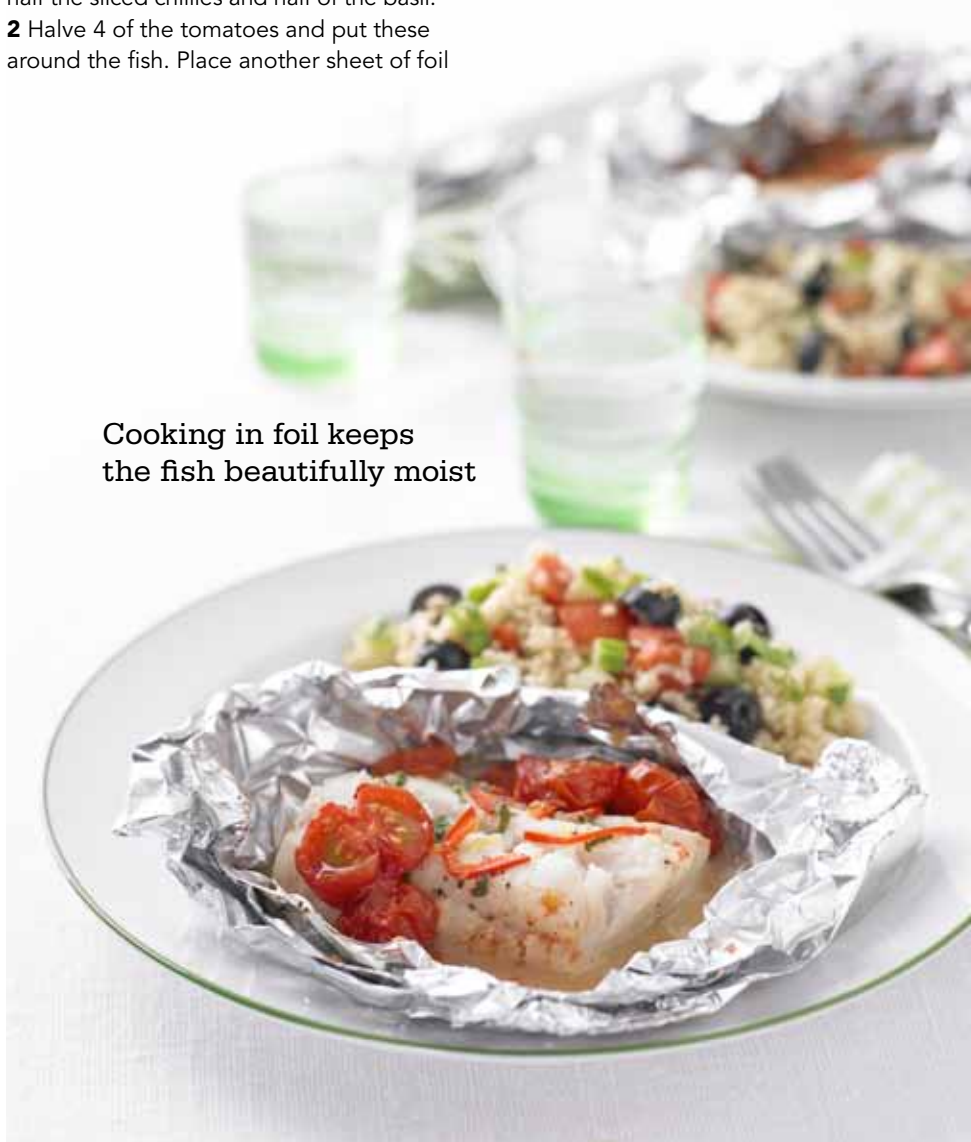
2 x 125g sustainable white fish fillets (we used Pollock)
 2 lemons, zest and juice of 1, the other cut into wedges
 1 red chilli, half sliced, half finely chopped
 small bunch basil, shredded
 200g/7oz cherry tomatoes
 100g/4oz couscous
 2 tbsp balsamic vinegar
 ½ cucumber, diced
 2 tbsp pitted black olives, halved

1 Heat oven to 200C/180C fan/gas 6. Take one small sheet of foil, about A4 size, and put one fish fillet on top. Season the fish, then drizzle with half of the lemon juice and zest, half the sliced chillies and half of the basil.
2 Halve 4 of the tomatoes and put these around the fish. Place another sheet of foil

on top and fold the edges together to seal. Repeat with the other piece of fish and transfer to a baking sheet. Cook for 15-18 mins until the bag has puffed up (or cook on the barbecue).
3 While the fish is cooking pour 100ml of boiling water over the couscous, cover, then leave to swell for 5 mins. Chop the rest of the tomatoes and mix with the couscous, balsamic, cucumber, the remaining basil, lemon juice and zest and olives. Season and serve alongside the fish with the lemon wedges on the side for squeezing over.

PER SERVING 263 kcals, protein 26g, carbs 34g, fat 4g, sat fat 1g, fibre 2g, sugar 9g, salt 0.52g

Cooking in foil keeps the fish beautifully moist





متعة الطعام الطيب

The Joy Of Good Food



Sadia
FROZEN CHICKEN



SLAUGHTERED BY HAND WITH A SHARP
KNIFE AS PER ISLAMIC RITES.
PRODUCTION AND EXPIRY DATE PRINTED ON SEALING TAPE.
PRODUÇÃO E ENCONTRO-SE NA FITA DE FECHAMENTO DA EMBALAGEM.

Super salads

Prawn, dill & cucumber pasta

SERVES 4-6 • PREP 10 MINS • COOK 12 MINS **Easy**

Superhealthy Counts as 2 of 5-a-day, Low fat

Cook **300g pasta shapes** following pack instructions, drain and cool under running water. Tip into a bowl and toss with a **small bunch chopped dill, juice ½ lemon, 5 tbsp half-fat soured cream, 300g North Atlantic cooked prawns, 1 diced cucumber and 1 shredded fennel bulb**. Season

PER SERVING (4) 370
kcal, protein 28g, carbs
60g, fat 4g, sat fat 1g, fibre
4g, sugar 5g, salt 1.41g



Tuna Niçoise

30 MINUTES • SERVES 2 • **Easy**

fennel seeds 1 tsp
dried chilli flakes 1/2 tsp
tuna steak 200g
light olive oil
eggs 2 medium, at room temperature
small new potatoes 150g, scrubbed and halved
green beans 50g, trimmed
baby gem lettuce 1, leaves separated and rinsed
cherry tomatoes 8, halved
pitted black olives 20g
red onion 1/2 small, thinly sliced
VINAIGRETTE

Dijon mustard 1 tsp, sugar 1/2 tsp, garlic 1/2 clove, crushed, white wine vinegar 1 tbsp whisked with 3 tbsp light olive oil and 3 tbsp water

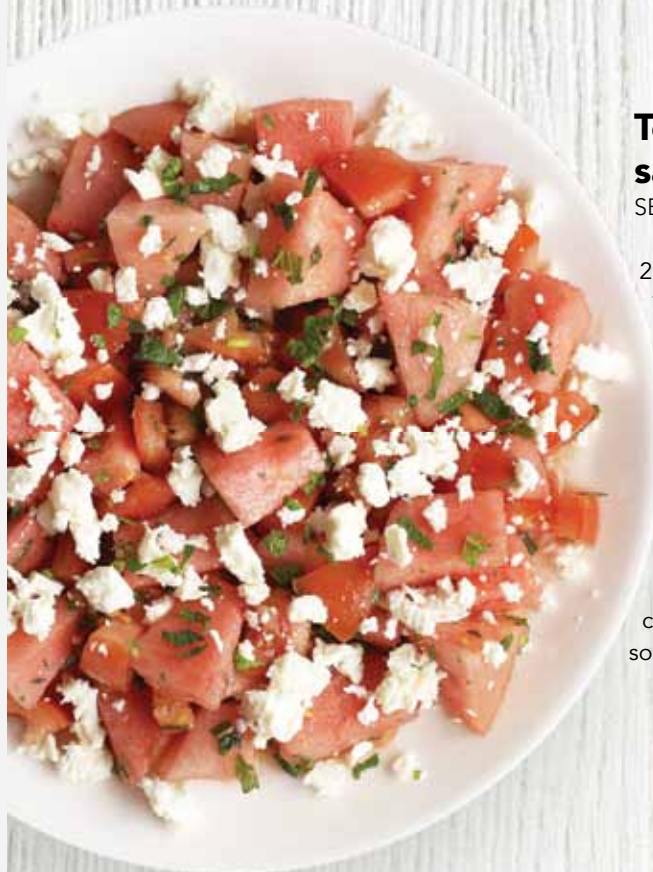
1 Crush the fennel, 1/2 tsp black pepper, chilli and salt in a pestle and mortar. Rub the tuna with 1 tsp olive oil and the spice mix.

2 Boil the eggs for 8 minutes, then cool. Boil the potatoes for 15 minutes, adding the beans for the final 5. Drain and refresh.

3 Heat a non-stick pan then cook the tuna for 2 minutes on each side. Divide the lettuce between plates, add the veg and olives. Add peeled, quartered eggs and sliced tuna then spoon over the dressing.

PER SERVING 487 kcal, protein 33.2g, carbs 18.5g, fat 31.7g, sat fat 5.4g, fibre 2.6g, salt 0.68g





Tomato, watermelon & feta salad with mint dressing

SERVES 4 • PREP 10 MINS • NO COOK **Easy** **V** **Superhealthy**

- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- ¼ tsp chilli flakes
- 2 tbsp chopped mint
- 4 tomatoes, chopped
- 500g/1lb 2oz watermelon, cut into chunks
- 200g pack feta, crumbled

1 Make the dressing by mixing the oil, vinegar, chilli flakes and mint with some seasoning.

2 Put the tomatoes and watermelon in a bowl. Pour over the dressing and leave to stand for 10 mins to allow the fruit to get really juicy. Gently stir through the feta, then serve.

PER SERVING 230 kcal, protein 9g, carbs 13g, fat 16g, sat fat 7g, fibre 1g, sugar 12g, salt 1.36g

Spinach with raisins, pine nuts & breadcrumbs

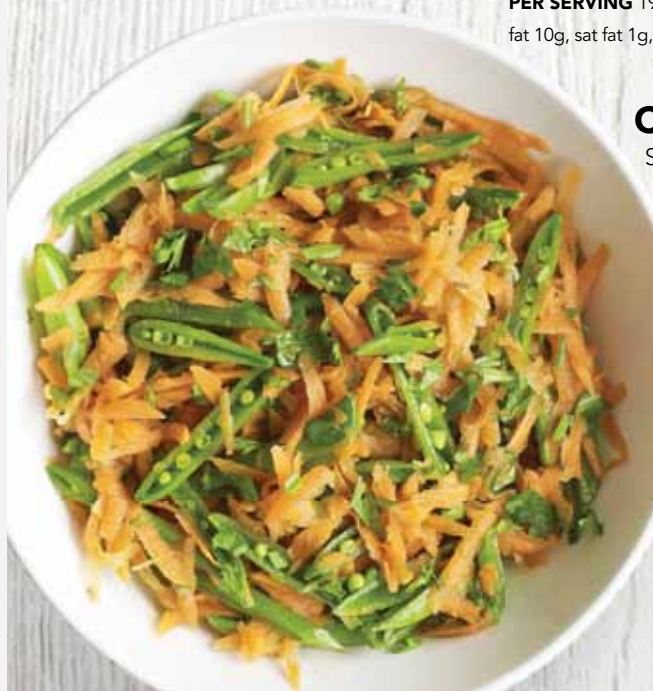
SERVES 4 • PREP 5 MINS • COOK 8 MINS

Easy **V** **Superhealthy** Counts as 1 of 5-a-day

- 1 tbsp olive oil
- 1 thick slice of bread whizzed to crumbs
- 1 garlic clove, crushed
- 25g/1oz toasted pine nuts
- 50g/2oz raisins
- 250g bag spinach

- 1** Heat the oil in a frying pan over a low heat. Add the breadcrumbs, garlic and some seasoning. Cook, stirring, until they are golden and crunchy.
- 2** Remove from the pan, add the pine nuts and raisins, and cook for 2 mins until they are warmed through. Tip in the spinach and allow the heat of the pan to wilt it.
- 3** Transfer to a serving dish and sprinkle over the crispy crumbs.

PER SERVING 197 kcal, protein 6g, carbs 22g, fat 10g, sat fat 1g, fibre 3g, sugar 14g, salt 0.48g



Carrot & sugar snap salad

SERVES 4 • PREP 10 MINS • NO COOK **Easy** **V** **Superhealthy**

Counts as 1 of 5-a-day, Low fat

- 1 tbsp hoisin sauce
- juice ½ lime
- 2cm/¾in fresh ginger, peeled and grated
- 200g/7oz sugar snap peas, thinly sliced
- 3 carrots, coarsely grated
- ½ small bunch coriander, roughly chopped

1 Make the dressing by whisking the hoisin, lime juice and ginger with 2 tbsp cold water.

2 In a large bowl, mix the sugar snap peas, carrots and coriander. Pour over the dressing and mix to coat.

PER SERVING 44 kcal, protein 2g, carbs 8g, fat none, sat fat none, fibre 2g, sugar 7g, salt 0.17g



Light lemon chicken Caesar

20 MINUTES • SERVES 2 • **Easy**

WHY IT'S LIGHTER Skinless chicken contains less fat. A little parmesan in the dressing gives richness without too many calories.

small skinless chicken breasts 2
lemon juice 1/2 tbsp
mild olive oil spray
ciabatta 2 x 2cm-thick slices
garlic 1/2 clove
romaine lettuce 1, leaves rinsed and roughly torn

DRESSING

garlic 1/2 clove
anchovy fillets 2 in oil, drained
parmesan 5g, finely grated
Dijon mustard 1/2 tsp
reduced-fat mayonnaise 2 tbsp

1 For the dressing, mash the garlic and anchovy with a pestle and mortar, then add the other ingredients. Add 1-2 tbsp water. Season.

2 Cut the chicken horizontally to make 4 thin pieces. Rub with juice, spray with oil and season.

3 Rub the ciabatta with garlic. Cut into pieces and spray with oil. Grill for 5 minutes until browned and crisp.

4 Grill chicken for 2-3 minutes each side until cooked through. Put the lettuce on plates and scatter with croutons. Slice the chicken and add to the salad with dressing.

PER SERVING 274 kcals, protein 30.1g, carbs 15.3g, fat 10.7g, sat fat 2g, fibre 2.6g, salt 1.28g



New-potato salad with herb and lemon dressing

20 MINUTES • COOLING • SERVES 4

AS A SIDE • **Easy**

WHY IT'S LIGHTER A heavy mayo-based dressing is replaced with a light but punchy lemon, mustard and herb one.

The potato skins are left on for a slower release of energy.

baby new potatoes 600g, well scrubbed
tarragon leaves, flat-leaf parsley leaves
and chives 2 tbsp each, roughly chopped
lemon 1/2, finely grated zest

DRESSING

wholegrain mustard 1 tsp
Dijon mustard 1 tsp
clear honey or caster sugar 1 tsp
lemon juice 11/2 tbsp
light olive oil

1 Put the potatoes in a pan and cover with cold water. Bring to a boil and cook for 12-15 minutes, or until tender. Drain in a colander under running water until cooled, then leave until cold.

2 For the dressing, whisk the mustards, honey and juice in a large bowl. Gradually whisk in 2 tbsp olive oil, until emulsified and glossy.

3 Cut the potatoes in half and put in the bowl with the dressing. Add the herbs and lemon zest. Season with lots of freshly ground black pepper and a good pinch of salt, then toss well.

PER SERVING 164 kcals, protein 3g, carbs 25.6g, fat 6.2g, sat fat 0.8g, fibre 1.7g, salt 0.19g

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Great White Knives are some of the **most advanced and sharpest knives** available on the market, and harder than steel. Our ceramic knives and peelers add a **touch of culinary magic** to any kitchen... whether you're a professional chef, gifted amateur, or occasional cook.

Rainbow coleslaw

20 MINUTES N SERVES 6 AS A SIDE ● Easy

WHY IT'S LIGHTER Natural yoghurt and a tiny splash of cream add richness to the dressing without too much fat. Raisins give natural sweetness.

red cabbage 1/2, shredded
carrots 2 medium, peeled and coarsely grated
yellow pepper 1 small, seeded and finely sliced
spring onions 6, trimmed and finely sliced
raisins 50g
celeriac 1/2 small, about 200g, cut into thin matchsticks
DRESSING
natural yoghurt 150ml
single cream 2 tbsp
garlic clove 1/2, crushed
lemon juice 2-3 tsp

- 1 Put the cabbage, carrots, pepper, spring onions, raisins and celeriac in a bowl and toss lightly.
- 2 For the dressing, mix the yoghurt with the cream and garlic. Season with salt, ground black pepper and lemon juice. Pour over the vegetables and toss lightly.

PER SERVING 80 kcs, protein 3.2g, carbs 13.8g, fat 1.7g, sat fat 0.8g, fibre 4g, salt 0.17g

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*For fresh fries add half a table spoon of oil for extra taste. Frozen fries are normally precooked in some oil.
**Per 100gr of fresh potatoes compared to fries prepared in a conventional Philips fryer

PHILIPS
sense and simplicity

PHILIPS

Delicious & healthy

Great taste,
less fat!

Brownies

Pastry – 12 portions

Preparation time – 15 minutes
+ 20 minutes air fryer

75 g pure chocolate, in pieces
75 g butter
1 large egg
60 g sugar
1 sachet vanilla sugar
40 g self-rising fl our
25 g walnuts or hazelnuts, chopped
Small, low fixed-base cake tin or oven dish, (approx. 15 cm diameter) and parchment paper

1. Melt the chocolate and butter together in a thick-bottom steel pan on low heat while stirring. Allow this mixture to cool to room temperature.
2. Preheat the airfryer to 180°C.
3. In a bowl, beat the egg with the sugar, the vanilla sugar and a pinch of salt until light and creamy. Beat in the chocolate

mixture and then stir in the self-rising fl our and the nuts.

4. Line the cake pan with parchment paper and spread the batter in the cake pan. Smooth the top.
5. Place the cake pan in the fryer basket and slide the basket into the airfryer. Set the timer to 20-22 minutes and bake the brownie until the top is crispy. The inside should still be nice and soft.
6. Let the brownie cool in the cake pan. When cool, cut it into 12 pieces.

(EN) Each portion contains

565 kJ/135 kcal

2 g protein

9 g total fat, 5 g saturated fat

11 g carbohydrates

0 g fibre

Fish and chips

Main course – 2 portions

Preparation time – 15 minutes
+ 12 minutes air fryer

200 g white fish fillet (haddock, cod, pollock)
30 g tortilla chips
1 egg
300 g (red) potatoes
1 tablespoon vegetable oil
½ tablespoon lemon juice

1. Preheat the airfryer to 200°C.
2. Cut the fish into four equal pieces and rub with lemon juice, salt, and pepper. Let the fish rest for 5 minutes.
3. Grind the tortilla chips very fine in the food processor and transfer the ground tortilla chips to a plate. Beat the egg in a deep dish.
4. Dip the pieces of fish into the egg one by one and roll the pieces of fish through the ground tortilla chips so that

they are completely covered.

5. Scrub the potatoes clean under running water and cut them lengthwise into thin strips. Pat the potatoes dry with kitchen paper and coat them with oil in a bowl.
6. Insert the separator in the airfryer basket. Position the potato strips on one side and the pieces of fish on the other.
7. Slide the basket into the airfryer. Set the timer to 12-15 minutes and fry the potatoes and the fish until they are crispy brown.
8. Arrange the fish and chips on two plates and sprinkle lightly with salt. Delicious with a green salad.

(EN) Each portion contains

1535 kJ/365 kcal

25 g protein

13 g total fat, 3 g saturated fat

38 g carbohydrates

6 g fibre

The Philips AirFryer is priced at 999 AED. Visit www.philips.com for further information.
BBC Good Food ME readers stand a chance to win a Philips AirFryer: see details on page 4!

EVERYDAY

Ready in 30

Low-fat and low-calorie suppers to get you through the week

RECIPES **JENNIFER JOYCE** PHOTOGRAPHS **DAVID MUNNS**



Lamb, watercress and beetroot salad

30 MINUTES • SERVES 2 • **Easy**

beetroot 1 medium, trimmed
olive oil
lean lamb fillet 200g
watercress 100g, tough ends removed
manchego cheese 30g, shaved

DRESSING

dill 1 tsp, chopped
capers 1 tbsp, rinsed and chopped
sherry vinegar 1/2 tbsp
Dijon mustard 1 tsp
shallot 1, finely chopped



1 Heat the oven to 200C/fan 180C/gas 6. Thinly slice the beetroot to the thickness of a 10p. Drizzle with 1 tsp of oil and season. Lie flat on a non-stick baking sheet and roast for 8-10 minutes. Put to one side. Rub 1 tsp oil on the lamb, season well and sear in a non-stick frying pan, turning, until pink in the middle, about 8 minutes. Leave to sit in the warm pan while you assemble the salad.

2 Arrange the watercress on 2 plates with the beetroot. Mix the dressing ingredients with 1 tbsp olive oil. Slice the lamb and divide between the salads. Drizzle over the dressing and top with the cheese.

PER SERVING 402 kcals, protein 28g, carbs 7.3g, fat 29.2g, sat fat 11.5g, fibre 2.1g, salt 1.2g

Steamed fish with lemon, ginger and chilli

20 MINUTES • SERVES 2 • **Easy**



spring greens 100g, leaves trimmed
firm white fish (choose sustainably fished cod, haddock or pollack) 2 x 125g fillets
lemon 1, cut into thin slices
red chilli 1 small, sliced
root ginger 1 tbsp of shredded
rice vinegar 1 tbsp
hoisin sauce 2 tbsp

1 Put the spring greens in the bottom of 2 small steamer trays, or 1 large one. Sit the fish on top, season and top with the lemon slices, chilli and ginger. Cover with a tight-fitting lid and sit over a pan of boiling water. Steam for 8-10 minutes (swapping the trays halfway through if using 2) until the fish is opaque and cooked.

2 Heat the vinegar and hoisin sauce in a small pan. Pour into a small bowl and serve with the fish.

PER SERVING 153 kcals, protein 25.3g, carbs 9.3g, fat 1.9g, sat fat 0.2g, fibre 2g, salt 0.74g



Steamed fish with
lemon, ginger and chilli





Herb tabbouleh with grilled halloumi

30 MINUTES • SERVES 4 • Easy

bulgar wheat 150g
lemons 4, 2 juiced, 2 halved to serve
olive oil
spring onions 6, sliced
parsley and mint small bunch of each, finely chopped
cherry tomatoes 150g, halved
cucumber 1/2, chopped
halloumi 250g, cut into 8 slices

1 Put the bulgar wheat in a large bowl and pour over 250ml boiling water. Allow to sit for 10 minutes then fluff up. Mix the lemon



juice, 2 tbsp olive oil, the spring onions and a large pinch of the herbs. Season and mix again. Reserve a couple of tbsp of the dressing and pour the rest over the bulgar wheat. Mix well and add the remaining herbs, tomatoes and cucumber. Adjust the seasoning with additional salt and lemon.
2 Heat a little oil in a non-stick frying pan and brown the halloumi on both sides. Serve with the tabbouleh, the remaining dressing poured over and the lemon halves.

PER SERVING 391 kcals, protein 17.3g, carbs 31.8g, fat 22.6g, sat fat 10.3g, fibre 1g, salt 2.31g

Braised chicken breast with horseradish crumbs

30 MINUTES • SERVES 2 • Easy

chunky breadcrumbs a large handful
grated horseradish from a jar 1 tbsp, drained
olive oil
chicken breasts 2 small
plain flour 2 tsp, seasoned well
red onion 1, sliced
garlic 1 clove, sliced
sherry (oloroso is good) 150ml
broccoli 100g, steamed to serve



1 Heat the oven to 200C/fan 180C/gas 6. Spread the breadcrumbs on a baking sheet. Add the horseradish to the crumbs along with 1 tsp olive oil and some salt and pepper. Mix well and toast for 8-10 minutes until golden.

2 Dust the chicken in the seasoned flour. Heat 1 tsp olive oil and fry the chicken on both sides until golden. Remove and fry the onion and garlic until soft. Pour in the sherry and put the chicken back in. Let it cook for another 5-7 minutes, or until cooked through. Serve the chicken with the breadcrumbs sprinkled over and some broccoli.

PER SERVING 285 kcals, protein 32.5g, carbs 18g, fat 5.8g, sat fat 1.1g, fibre 1.5g, salt 0.41g

Courgette, chilli and Mediterranean mint pizzas

10 MINUTES • SERVES 2 • **Easy**

flatbreads 2 large or 4 small, white or wholemeal
olive oil
courgettes 2, cut into ribbons using a potato peeler
garlic 1 clove, crushed
red chilli 1, finely sliced, use a larger one for a milder flavour and a bird's-eye for hotter
mozzarella 1 ball, torn into pieces
mint a handful

1 Lightly brush the flatbreads with oil and grill for a minute on one side, then turn.

2 Toss the courgette, garlic and chilli with oil and arrange over the breads. Add the mozzarella. Grill until the courgette starts to wilt. Season well. Add the mint and a slug more oil if you like.

PER SERVING 292 kcals, protein 11g, carbs 43.4g, fat 9.5g, sat fat 1.3g, fibre 5.4g, salt 1.10g

ON THE
COVER

Healthy cooking with La Tourangelle

Fantastic for salad dressings, La Tourangelle's cold-pressed virgin rapeseed oil highlights the fresh, green flavours without being overpowering



VIRGIN RAPESEED OIL

Produced in La Tourangelle oil mill, following the traditional Saumur method, La Tourangelle selects the best seeds to process a product of superior quality and distinctive flavour. The virgin rapeseed oil (also known as canola oil) is obtained by the light toasting of the seeds, pressing and then mechanical extraction; it retains all its health properties.

Mainly used for salad dressings, the virgin rapeseed oil flavour highlights the taste of the salad leaves, without being too dominant. Easy to use, the nectar of intense gold color will enhance your beetroot dishes and potatoes too. Rapeseed oil is naturally rich in essential fatty acids: Omega 3 and 6, and is known to be 10 times higher in Omega 3 than olive oil. It helps reduce bad cholesterol and contributes to good cardiovascular function due to its high content of unsaturated fatty acids. It is also naturally rich in vitamin E, and therefore has superb antioxidant properties.

MARINATED BEETROOT WITH GRILLED GOAT'S CHEESE

SERVES 4 as a starter • PREP 10 mins plus marinating • COOK 5 mins **Easy** **V**

- 6 tbsp rapeseed oil, plus extra for greasing
- 3 tbsp red wine vinegar
- 1 tsp sugar
- 1 tsp thyme leaves
- 4 raw beetroot, peeled and very thinly sliced (see tip, left)
- 2 x 100g vegetarian goat's cheese rounds with rind, halved horizontally
- 4 handfuls rocket

- 1** Mix the oil, vinegar, sugar and thyme in a shallow dish and season well. Add the sliced beetroot and marinate for at least 1 hr or overnight, if you like.
- 2** Heat grill to high. Season the goat's cheese slices, then place on an oiled baking tray and grill for 2-3 mins until golden and melting.
- 3** Lift out the beetroot, reserving the marinade, and divide between 4 plates. Top with the rocket, a round of goat's cheese and a little more rocket. Drizzle with the marinade and serve.



The healthy ingredient

ASPARAGUS

Make the most of this delicious, healthy delicacy, says health expert *Natalie Savona*

PHOTOGRAPH **STUART OVENDEN**

Half a dozen or so cooked spears of this tender green veg provides some of each of the B vitamins we need, but most significantly, will give you around three-quarters of your daily dose of folic acid. While this vitamin is best known for helping avoid spinal defects in newborn babies, it is also essential for the body to make red blood cells and recent research has linked it to mood balance and good heart health.

Asparagus also contains rutin, a chemical which has antioxidant and anti-inflammatory properties. In studies on animals, rutin helped to reduce inflammation in arthritis and asthma; it is also known to strengthen blood capillaries, the small vessels that can swell in haemorrhoids and in the legs.

Like all fruit and veg, asparagus provides a sound dose of fibre, including inulin. This insoluble fibre is known for its 'prebiotic' qualities, which means that it can stimulate the growth of healthy bacteria in the intestines. Inulin can also help the body to absorb calcium more effectively.

Crab & asparagus salad with chilli & lime dressing

SERVES 4 • PREP 10 MINS •

COOK 5 MINS **Easy** **Superhealthy**

Counts as 1 of 5-a-day, Low fat

This dish is also perfect as a starter as well and would easily serve 6.

200g pack asparagus tips
2 large handfuls pea shoots
½ cucumber, cut into ribbons
with a peeler
100g/4oz white crab meat

3 REASONS TO EAT MORE

- Rich in folic acid
- Contains the anti-inflammatory chemical rutin
- Good source of soluble fibre inulin, which encourages healthy intestinal bacteria

FOR THE DRESSING

juice 1 lime
1 tbsp olive oil
2 tbsp rice wine vinegar
pinch sugar
1 tsp Thai fish sauce
1 red chilli, finely chopped

1 Cook the asparagus in lots of boiling salted water until tender, about 3 mins, then drain and cool under running water. Set

aside on kitchen paper to absorb any excess water. To make the dressing, combine all the ingredients in a small bowl and set aside.

2 On a large platter or 4 smaller plates arrange the leaves and cucumber, then scatter on the asparagus and crab. Drizzle over the dressing just before serving.

PER SERVING 70 kcals, protein 7g, carbs 3g, fat 4g, sat fat 1g, fibre 1g, sugar 2g, salt 0.59g

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FOR
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EVERYDAY

Fast, tasty, healthy

Simple main meals – perfect for staying on track, even on the busiest nights

RECIPES **JENNIFER JOYCE**

PHOTOGRAPHS **GARETH MORGANS**

Steamed lemon tilapia with teriyaki sauce

SERVES 4 • PREP 10 MINS •

COOK 20 MINS   Low fat 

3 tbsp soy sauce
75ml/2½fl oz mirin (we used mirin from Waitrose, see tip, below)
2 tbsp sugar
1 lemon, juice ½, ½ sliced
250g/9oz basmati rice, rinsed in cold water
4 x 140g/5oz pieces tilapia
3cm/1¼in piece ginger, shredded
1 red chilli, sliced, deseeded if you like
small bunch spring onions, sliced

1 Pour the soy, mirin and sugar in a small saucepan with the lemon juice. Bring to the boil and simmer for 5 mins until slightly syrupy. Remove and set aside.

2 Put the rice in a large saucepan and cover with water, about 450ml. Bring to the boil, then turn down to a simmer. Cook for about 5 mins – the rice should have absorbed about ¾ of the water. Place the fish fillets on top.

3 Sprinkle each with ginger, chilli and a slice of lemon. Season, cover and cook for about 5 mins, until the fish and rice are cooked through. Serve with a drizzle of the sauce and sprinkled with the spring onions.

PER SERVING 409 kcals, protein 31g, carbs 70g, fat 3g, sat fat none, fibre 1g, sugar 12g, salt 2.23g

TIP If you can't get mirin, use white wine or rice vinegar instead and add an extra 1 tbsp sugar

HEALTHY BENEFITS

Tilapia is a good source of B vitamins, selenium, phosphorus and protein, but as it is largely farmed, it is low in omega-3 fatty acids. Steaming is the ideal way to cook tilapia because it eliminates the need for extra fat and preserves the water-soluble B vitamins

Good-for-you
choice

Spaghetti with crab, cherry tomatoes & basil

SERVES 3 • PREP 10 MINS • COOK 15 MINS **Easy**

Superhealthy Good source of vit C, counts as 1 of 5-a-day, Low fat

1 tbsp extra virgin olive oil
2 garlic cloves, chopped
pinch chilli flakes
200g/7oz cherry tomatoes, halved
zest and juice 1 lemon
2 x 170g cans white crab meat, drained
200g/7oz spaghetti
1 tsp capers, drained and rinsed
handful basil leaves, roughly chopped

1 In a large frying pan, heat the olive oil. Add the garlic and chilli flakes. Cook until just pale

golden, then add the tomatoes. Cook 3 mins more on a high heat until the tomatoes start to break down a little. Add the lemon juice and cook for 1-2 mins. Remove from the heat and stir in the crab to warm through – not too much or it will break up.

2 Boil the pasta in a large pan of salted water following pack instructions then drain. Mix the pasta in the warm pot with the sauce, lemon zest and capers, and toss the basil through.

PER SERVING 349 kcals, protein 26g, carbs 52g, fat 6g, sat fat 1g, fibre 3g, sugar 5g, salt 1.36g

HEALTHY BENEFITS

Low in fat, canned crabmeat is a good source of protein and also supplies calcium, iron and zinc. Tomatoes are packed with vitamins A and C as well as protective lycopene, which this recipe makes the most of – cooking increases its potency and combining with oil improves absorption.

Satisfying salad



Chicken breast with avocado salad

SERVES 1 • PREP 10 MINS • COOK 10 MINS

Easy **Superhealthy** Good source of vit C, counts as 2 of 5-a-day

1 skinless chicken breast
2 tsp olive oil (1 for the salad)
1 heaped tsp smoked paprika
FOR THE SALAD
½ small avocado, diced
1 tsp red wine vinegar
1 tbsp flat-leaf parsley, roughly chopped
1 medium tomato, chopped
½ small red onion, thinly sliced

1 Heat grill to medium. Rub the chicken all over with 1 tsp of the olive oil and the paprika. Cook for 4-5 mins each side until lightly charred and cooked through.

2 Mix the salad ingredients together, season and add the rest of the oil. Thickly slice the chicken and serve with salad.

PER SERVING 344 kcals, protein 32g, carbs 9g, fat 20g, sat fat 4g, fibre 3g, sugar 5g, salt 0.23g





Sweet & sour lentil dhal with grilled aubergine

SERVES 2 • PREP 10 MINS • COOK 25 MINS Easy V 🌱

Superhealthy High in fibre, good source of iron, counts as 4 of 5-a-day

100g/4oz red lentils, rinsed
1 tsp turmeric
1 tbsp tamarind paste
2 tbsp vegetable oil
1 medium onion, thinly sliced
1 garlic clove, finely chopped
3cm/1¼in piece ginger, grated
1 tsp curry powder
1 medium aubergine, cut into 2cm slices
cooked basmati rice, lime or mango chutney and a few coriander leaves, to serve, if you like

1 Cover the lentils, turmeric and tamarind paste with 500ml water. Add some salt and boil for 15 mins or until

very soft. Skim off any foam that forms on the top. Meanwhile, heat 1 tbsp of the oil and cook the onion, garlic and ginger until golden, about 5 mins.

2 Add the curry powder and cook for a further 2 mins. Pour in the lentil mixture and cook for another 10 mins.

3 Meanwhile, heat a griddle pan until very hot. Rub the remaining oil over the aubergine slices and season. Cook for 2-3 mins each side until cooked through and charred. Eat with basmati rice, lime or mango chutney and a sprinkling of coriander, if you like.

PER SERVING 325 kcal, protein 15g, carbs 41g, fat 13g, sat fat 1g, fibre 7g, sugar 10g, salt 0.72g



Chickpea & coriander burgers

SERVES 4 • PREP 15 MINS PLUS CHILLING • COOK 10 MINS Easy V 🌱 Cooked or uncooked **Superhealthy** High in fibre, counts as 2 of 5-a-day, Low fat

400g can chickpeas, drained
zest 1 lemon, plus juice ½
1 tsp ground cumin
small bunch coriander, chopped
1 egg
100g/4oz fresh breadcrumbs
1 medium red onion, ½ diced, ½ sliced
1 tbsp olive oil
4 small wholemeal buns
1 large tomato, sliced, ½ cucumber, sliced and chilli sauce, to serve

1 In a food processor, whizz the chickpeas, lemon zest, lemon juice, cumin, half the coriander, the egg and some seasoning. Scrape into a bowl and mix with 80g of the breadcrumbs and the diced onions. Form 4 burgers, press remaining breadcrumbs onto both sides and chill for at least 10 mins.

2 Heat the oil in a frying pan until hot. Fry the burgers for 4 mins each side, keeping the heat on medium so they don't burn. To serve, slice each bun and fill with a slice of tomato, a burger, a few red onion slices, some cucumber slices, a dollop of chilli sauce and the remaining coriander.

PER SERVING 344 kcal, protein 15g, carbs 56g, fat 8g, sat fat 1g, fibre 6g, sugar 6g, salt 1.30g



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Lose weight the healthy way

With health on our minds this month, nutritionist Carole Holditch, the founder of Good Habits takes us through how to maintain a good healthy weight



1 Strive to reach a healthy weight

A healthy weight is not one magic number that suits everyone. Your healthy weight will be within a range and depends on your height and your body type. Being at a healthy weight means that you will be at a much lower risk of diseases associated with obesity such as high blood pressure, type 2 diabetes, heart disease and some cancers.

2 Make time for activity - every day

The best predictor of permanent weight loss (and longevity) is exercise... so get moving! You don't need to plough up and down the pool, run for miles every day, or even join a gym - you just need to get moving for at least 20 minutes each day. Take a walk at lunch time or after your evening meal. Put on the radio and dance around your kitchen or join in the games with your children! It all counts as long as your heart rate is raised and you're slightly out of breath when you're finished.

3 Choose foods that are high in fibre

When you have a choice in the matter, choose high-fibre foods. Choose a piece of whole fruit over juice, choose wholegrain bread instead of white and choose high-fibre breakfast cereal instead of refined, sugary cereal. High-fibre foods are bulkier and fill you up better, for longer. They also take longer to digest and cause a slower, more gradual rise in blood sugar than refined foods. It's the rapid increase in blood sugars (a sugar 'high') and the following 'lows' that make us crave more sweet foods. So break that cycle and make high-fibre a habit... it'll pay off in BIG ways!

4 Choose healthier fats

You do need a certain amount of fat in your diet every day. Providing fat-soluble

vitamins, the manufacture of hormones and proper nerve functioning are just a few of the many functions of fat in the body. But you don't need to eat doughnuts all day to get your daily fat requirements! Fat contains more than double the calories of protein and carbohydrates, so choose wisely and well - not all fat is equal! Unsaturated fats are 'good' fats that are beneficial to the body but diets higher in saturated fat and trans fat (hydrogenated oils found in margarine, biscuits, cakes and fried fast food, among others) are associated with an increased risk of heart disease and strokes. Avoid fried foods, especially fast food or restaurant-fried foods (these are often even higher in trans fats than the homemade version) and cut down on foods which have hydrogenated oil as one of the first ingredients on its label. Instead, get your fat from sunflower and vegetable oil, oily fish, nuts and seeds.

5 Balance your diet

Never exclude any one nutrient in favour of another. All foods fit into a healthy diet. It's the portion size and preparation method that count. Variety is the spice of life! Don't eat the same foods every day, day in, day out. Try different fruits and vegetables. Make each



week a new opportunity to taste a fruit that you've never tried before, or one that you haven't had in a long time. Our supermarkets now offer a huge variety of different and exotic fruits and vegetables. Try a star fruit, a persimmon or a mango; some of these fruits are powerful packages of nutrition.

6 Eat LOTS of fruit and veg

Fruit and vegetables are the number one food when it comes to nutrition. Filling, low in calories, next to no fat, and packed with vitamins, fibre and anti-oxidants, make that five-a-day a minimum, not a maximum.

7 Choose refreshing drinks, not liquid sugar Fizzy and bottled drinks often contain large amounts of sugar – one can of Coca-cola contains around seven teaspoons of sugar! Can you image having a cup of coffee and adding seven spoonfuls of sugar to it? Remember: sugar comes in many disguises. Brown sugar, maple syrup, honey, molasses, corn syrup, high-fructose corn syrup, fruit juice concentrate, glucose, sucrose, fructose, levulose, dextrose, maltose, lactose, dextrin, invert sugar, mammitol, sorbitol and xylitol... They are all sugar and all provide nothing but calories.

8 Choose and prepare foods with less salt

Choose 'no-added salt' versions of foods such as tinned foods and breakfast cereals. Use herbs and spices instead of salt in your cooking and try not to reach automatically for the salt on the table.

9 If you drink alcohol, be sensible

Alcohol provides seven calories per gram (carbs and protein provide 4 cals per gram, fat provides 9 cals per gram). Up to two drinks per day can have health benefits, but exceed this and you can be setting yourself up for trouble with lots of extra calories, weakened willpower and increased risk of illness.

SMART SWAPS FOR A SLIMMER YOU	
SWAP:	FOR:
Reducing fat Wholemilk (22g of fat, low-fat 9g of fat) 100g mince beef (16g of fat) 100g tuna in oil (9g of fat) 30g Cheddar cheese (116 calories, 9.8g fat)	Reducing fat Skimmed milk 0.6g of fat 100g extra lean mince 9g of fat 100g tuna in brine/water 0.6g 30g cottage cheese 27 calories 1.2g fat
Increasing nutrients 100g grapes (3mg vitamin C, 60 calories) 30g Cornflakes (1g fibre)	Increasing nutrients 100g orange (86.40mg 59 calories) 30g all bran (10g fibre)
Smart swaps 1 cream cracker (35 calories) Short crust per 1oz/30g (139 calories)	Smart swaps 1 high fibre crackerbread 16 calories Filo pastry per 1oz/30g 80 calories
Alcohol 125ml medium wine (95 calories) 300ml beer (90 calories)	Alcohol 50ml barcardi + diet coke 50 calories (350ml) 150ml beer + diet 7 up (45 calories)
For the sweet tooth Custard cream (65 calories) Small choc digestive (85 calories, 4g fat) Coke 330ml (130 calories) Cornetto (220 calories) Dairy milk std (255 calories) Polo mints (139 calories) Kit Kat 4 finger (247 calories) Jordans raisin and hazelnut bar (142 calories) 1 60g portion choc cake (270 calories) Lemonade 330 ml (86 calories)	For the sweet tooth Nairns mini oat cake (20 calories) Jaffa cake (50 calories, 1g of fat) Diet coke (1 calorie) Fruit Pastil lolly (55 calories) Dairy milk treat size (80 calories) Polo mints sugar free (80 calories) Kit Kat 2 finger (106 calories) Quaker Apple and Raisin bar (89 calories) 1 mini Cadburys choc roll (109 calories) Lemonade diet 330ml (5 calories)
For the savoury tooth 100g peanuts 608 calories Std packet crisp 160/ 180 calories	For the savoury tooth 100g chestnuts (172 calories) Quavers or Walkers Square Crisps (100/105 cals)



Feel FULL NOT fat

Struggling to shift those extra pounds gained over the festive season? Nutritionist *Fiona Hunter* suggests clever ways you can feel full without piling on the calories

Forget food combining and the cabbage soup diet – the best weight-loss tip may be to choose foods with a high Satiety Index (SI). The science behind this concept is based on research carried out by nutritionist Suzanna Holt at the University of Sydney, where she found that some foods fill you up faster and/or remain in your stomach longer, therefore staving off hunger better.

Foods rich in fibre or protein score highly on the SI. High-fibre foods such as wholegrain cereals require more chewing than their fibre-depleted counterparts; also fibre acts like a sponge, absorbing water as it is chewed so it swells in your stomach and fills you up.

PROTEIN POWER

The filling effects of protein are due to the fact that it is digested more slowly than carbs or fat, so it remains in the stomach for longer. The appetite-suppressing effect of a high-protein diet was one of the reasons behind the Atkins Diet's success. While most nutritionists wouldn't recommend increasing protein to the high levels recommended by Atkins (30 per cent of daily calories from protein), many feel that a modest increase to 20 per cent can be a helpful way to control appetite.

Another theory is that the volume of food we eat has an impact on how filling it is. Foods which are high in fat and/or sugar pack a lot of calories into a small volume and are less likely to satisfy hunger. Think grapes and raisins: for 100 calories you could eat 35g of raisins or 175g of grapes – obviously the high amount of grapes is going to make you feel fuller.

10 WAYS TO CONTROL YOUR HUNGER PANGS

■ Start your meal with a salad or soup

They will help to fill your stomach and take the edge off your appetite, which means you'll be less likely to overeat at the next course. In one study participants were given meals with exactly the same number of calories either as solid food or as soup. When the calories were given in the form of soup, people said they felt fuller for longer. Researchers also found that after soup participants went on to eat less at their next meal.

■ **Be snack smart** The hungrier you are when you start to eat, the longer it takes your hunger to subside. So in other words, the hungrier you are, the more you need to eat before you feel full.

The best way to avoid getting over-hungry is to eat every 3-4 hours – three small meals with a couple of healthy snacks in between is perfect. Protein-rich snacks (like a yogurt or a boiled egg) or fibre-rich snacks (such as oatcakes or houmous with crudités) are the best choices to make you feel fuller longer.

■ **Up the protein** Eat slightly larger portions of lean protein such as lean meat, fish, shellfish, eggs and low-fat dairy products (for example skimmed milk, cottage cheese, low-fat yogurt).

■ **Turn off the TV** If you're distracted while eating, you're more likely to miss the 'I'm full' signals that your stomach sends your brain when you've had enough to eat.

One study published in the *American Journal of Clinical Nutrition* found that when people listened to a detective story as they were eating, they ate 13 per cent more calories than they did without any distractions.

■ **Fill up on fibre** One of the reasons why the F-plan diet was so popular was that fibre-rich foods are more filling. Choose wholemeal bread, and brown rice and pasta instead of white. And try adding beans and pulses to salads, stews and soups.

■ **Choose foods that take time and effort to eat** Corn on the cob, a crunchy salad or fish with bones cannot be rushed, and will force you to eat more slowly and help

you to feel full quicker.

■ Eat more fruit and veg

Their high water content will help fill you up.

■ **Drink before you eat** Try a large glass of vegetable juice or fizzy water 10 minutes before you're due to sit down to eat.

■ **Take your time** Lay your knife and fork down on the table between each mouthful. Chew food thoroughly before taking a second mouthful and focus on what you're eating – all of these things help slow down the pace at which you eat. When you eat slowly, you'll feel full quicker.

■ **Eat an apple before each meal** In one study in Washington, 346 people were asked to eat an apple 20 minutes before each meal. Without making any other changes to their diet, participants lost an average 1½ stone in just 3 months. Researchers felt that the apples helped to promote a feeling of fullness, which meant participants didn't eat as much at the subsequent meal.

* Chef's Bites

We get cooking with chefs in the UAE and explore the diverse world of food in the Emirates

- * Cheese, glorious cheese
- * Elegant, healthy recipes
- * Yotto, Cipriani
Yas Island
- * Royal Thai cooking
- * Cupcakes and coffee
at Maison Sucre



* A summer dinner party in D's Kitchen



* Thai recipes from Benjarong



* Authentic Japanese cooking at Yotto



* Get healthy with The Address Dubai Marina

Cheese, glorious cheese



Ana Cerqueira

The cheese expert at Jones the Grocer, Ana Cerqueira, shares her knowledge with us



Like many other basic goods now essential in our day to day life, cheese came from the casual observation of the left over milk coagulating and how in warm weather the milk would curdle faster than in the cold. Even though the source of the milk might be different, from cow to sheep, goat, buffalo and even camel, this basic process made cheese making an important task in many different cultures all over the world. Nowadays in its many possible forms it is a staple food in our daily lives. Globalisation has made possible for an easy contact with all these different forms, leading to confusion about the different existent categories.

Differences in its ageing and ripening process, the type of milk, country or region of origin, level of fat, texture, moisture and the use of flavouring agents are used to categorise over 500 types of cheese. In France, for instance, all the cheeses are separated by eight families, known as *Les huit familles de fromage*: fresh cheeses (included here the famous mozzarella and also the burrata); soft cheeses with natural rind (brie), soft cheeses with washed Rind (munster), pressed cheeses (cantal), pressed and cooked cheeses (emmental), goat's cheese (crottin), blue cheeses and processed cheeses (boursin). These different varieties provide a wide range of method and texture, which you can consider the basic setup of a cheese board in any table.

It is very difficult to say where the best cheese is from, as the manufacturing process of the cheese itself is so enthralled in the culture of the country where it is produced that its characteristics are often a reflection of the way that people

The Italians and Greeks have the best fresh cheeses in burrata, ricotta or feta. The best soft cheeses are French, because of their common way to eat cheese in the beginning of the meal with brie and coulloumiers ranking high in any connoisseur taste. English on the other side usually enjoy their cheese in the end of a hearty meal so they have the best pressed cheeses like cheddar or northumberland oak smoked cheese

there prefer to eat them. The Italians and Greeks have the best fresh cheeses in burrata, ricotta or feta. The best soft cheeses are French, because of their common way to eat cheese in the beginning of the meal with brie and coulloumiers ranking high in any connoisseur taste. English on the other side usually enjoy their cheese in the end of a hearty meal so they have the best pressed cheeses like cheddar or northumberland oak smoked cheese, both very good digestives.

This little theory of regional quality of cheese being related to wider meals and lifestyles cultures can be easily tested with the restricted type of blue cheese. If you place the most commonly used blue cheeses gorgonzola, Roquefort and Stilton together on a board, we may observe and compare their texture and flavour. The Italian gorgonzola has a creamy and lighter flavour,

Jones the Grocer in Abu Dhabi and Dubai have temperature-controlled rooms dedicated to artisan cheese from across the globe. The centrepiece of the stores, the cheese rooms are specifically designed to allow the cheeses to naturally ripen to their peak.

which you can easily use in light food like salads or pasta. On the other hand, the French Roquefort cheese has an increased strength in taste and the texture is a little rougher, but not as coarse as the English Stilton, where you can feel the age and maturity becoming the perfect warm taste to finish a meal with a port wine. As you can see each cheese shows the unique personality of his region or country.

In Asia for instance, the use of cheese can be considered not to fit any of these latter categories. It is normally served as a dish all in itself instead of being a complement to a meal. For instance *ema datsi* (melted cheese and chillies served over rice) is a national dish in Bhutan and Rushan (cow's milk cheese of Yunnan, China) and Rubing (a firm, fresh goat milk cheese made in the Yunnan, China) are served deep fried or grilled with condiments in China.

In a similar manner Jewish tradition also rules that cheese is a dairy food and cannot be eaten in the same meal with other kinds of meat.

Still, no matter how you best prefer to consume cheese, when you buy it the best way to guarantee the highest standard of quality is to look for artisan cheese. Small producers still use the milk from their own herds in the right time of the year and manufacture it using the ancient techniques of curdling and ageing to achieve the most natural and pure flavour. In the last 15 years these artisan techniques and the protected origin or name of cheeses (POD, AOC) became a priority around the world, especially in Europe with the EU standards so that the mass production and usage of name of types of cheese won't damage the quality of some popular cheeses and the survival of small local producers.



Fun, flavoursome and healthy

Enjoy some deliciously light and healthy summer meals from chef Hareesh Gopalan, sous chef of The Address Dubai Marina



Fresh rocket salad with slow roasted vine tomato, grilled artichoke, olives, balsamic, parmesan and pickled mushroom

SERVES 2

125g fresh rocket	30ml water
80g cooked and oil-cured artichoke	5g thyme
5g chopped parsley	2 garlic cloves
1 lemon	2 bay leaves
160g vine tomato	2g mustard seeds
60g oil-cured marinated black olives	80g brown shimiji mushroom
10ml aged balsamic vinegar	10g salt
10g parmesan cheese	10g sugar
20ml white wine vinegar	150ml extra virgin olive oil

- 1** Mix water, white wine vinegar, sugar and salt, as well as thyme, crushed garlic, bay leaves, and mustard seeds (bundled in a muslin cloth). Heat to bring the mix up to simmering point.
- 2** Clean and rinse the mushroom and place into the vinegar mix. Cook until the mushrooms are soft
- 3** Remove the mushrooms, add some extra virgin olive oil and chill it immediately.
- 4** Marinate the tomato with some salt and freshly ground white pepper, spread some sugar onto it and drizzle with extra virgin olive oil. Place it in the oven for 110 degrees Celsius for one hour
- 5** Strain the oil from the artichoke heart, and grill until you see the brownish grill marks. Place the artichoke in a bowl. Add olive oil and then chopped fresh parsley, check for the seasonings and chill it immediately.
- 6** Mix balsamic and olive oil, and keep aside.
- 7** Pick the rocket, wash thoroughly and spin to get rid of the excess water from the salad. Place in a bowl with some of the balsamic vinegar and marinated olives.
- 8** Mix well and season to taste.
- 9** Place the salad on a plate and top with grilled artichoke, slow-roasted vine tomatoes, and some of the pickled mushrooms. Finish the plate with shaved parmesan cheese and a drizzle of balsamic vinegar.



Asparagus and shallot tart with smoked salmon and crispy rocket salad

SERVES 2

125g Scottish smoked salmon	15g parmesan cheese, grated
4 jumbo green asparagus	100ml cream
10g chopped shallots	10ml salt
2g thyme	5g white pepper
2g chopped parsley	80g fresh rocket
2 round, medium sized tart shell (5.7cm)	150ml extra virgin olive oil
2 eggs	dill, for garnish

- 1 Peel the asparagus and cut them into long slices.
- 2 Gently sauté the chopped shallots in a pan and add the asparagus and seasonings. Cover and cook until the asparagus is done. Chill it immediately to avoid losing the green colour of the asparagus.
- 3 Mix the egg, cream and the parmesan cheese together. Leave a little cheese to place on top of the tart.
- 4 Place the sautéed asparagus on the tart, followed by the egg and cream mix. Sprinkle the remaining cheese and place in a pre-heated oven 140 degrees Celsius for 12 mins until the mixture sets. Take out from the oven and keep refrigerated, or serve it hot straight away.
- 5 Pick the rocket, wash thoroughly and spin to get rid of the excess water. Place in a bowl with some olive oil and lemon juice. Mix well and adjust the seasoning.
- 6 Keep the tart in the middle of the plate and adjust the salmon slices around and place the salad.
- 7 Garnish the plate with some freshly picked dill leaves and serve immediately if hot.

Eat healthy the Greenpan way

Using a non-stick pan can certainly help cut down the fat in cooking, but most of the traditional non-stick coatings in use contain Polytetrafluoroethylene (PTFE) or a variant from the family of chemicals called Perfluorocarbons (PFC). The Greenpan is completely free of these chemicals.



DISADVANTAGES OF THE PFC FAMILY OF CHEMICALS

Many non-stick pans can be easily scratched, resulting in several well-documented disadvantages in practical household use. When the pan is over heated, accidentally or by habit, which could start after as little as 4 minutes, you damage not only your pan but possibly also your health! How come? Above 260 degrees Celsius, PTFE or its variants start to decompose and is known to release a multitude of nasty toxic fumes.

NATURAL CERAMIC-COATED, NON-STICK COOKWARE

Greenpan's revolutionary non-stick technology uses a natural, mineral based coating with absolutely no PTFE, no PFOA and no silicone oil. Using Thermolon™ Rocks coating, it is convenient to cook in, and at the same time healthy, and emits 60 percent less carbon dioxide emission during manufacture; making it environmentally sustainable. Thanks to this technology, the coating acts like an insulator that retains heat, moisture and flavours. These are sealed in and give you great results when preparing food. It also has a perfect heat distribution that allows even cooking, which makes the food brown beautifully. You can heat the pan up to 450°C/850°F without it blistering or peeling.



HEALTH * ENVIRONMENT * CONVENIENCE

Tavola stores are located in Mall of the Emirates, Level-2, 04-3402933; Century Plaza, Jumeirah Beach Road, 04-3445624; Spinney's Centre, Umm Suqeim, 04-3948150; Emirates Hills, Town Centre, 04- 3618181; Mirdif City Centre, Mirdif, 04-2843548; Zwilling J A Henckels, Dubai Mall, 04-4340725

TAVOLA

Home sweet home

BBC Good Food ME enjoys deliciously-cute cupcakes and coffee with entrepreneur Nadine Maalouf, founder of Maison Sucre bakery in Abu Dhabi

What inspired you to create Maison Sucre?

While I was growing up I always loved sweets. I had a sweet tooth at an early age, and I think I was inspired by my mother, who was a great cook in the kitchen. She knew how to bake everything from croissants to delicious pies and cakes. Inspired by my mother's cooking and my love for food, I wanted to create something a little bit different for Abu Dhabi.

Do you have a background or training in baking?

I grew up between Saudi Arabia and the US, and I lived in New York for five years, where I obtained my Bachelor in Fine Arts. So I have an arts background, and majored in communication design and minored in art history. But cooking, baking, cakes and pastries has always been my passion. Originally, I wanted to franchise something to the UAE, but I could never find exactly what I wanted, so eventually I decided to branch out on my own and create my own brand. Maison Sucre is inspired by where I live, where I have been, what I've done. I've been inspired by the gorgeous bakeries I visited in New York, too. I think you're always inspired by someone; you can't help be inspired by others and what they do, but it is important to create something unique. That's what we've done here, aspired to create something a little bit different and unique, with its own guidelines and branding that is inspired by everything around us.

There are many cupcake shops in the UAE, what makes Maison Sucre stand out from the crowd?

What makes us unique is the variety of things on the menu; we always try to push new, different ideas, and creating designs and flavouring combinations that other people can't imagine. We create delicious cupcakes, but we also create custom-made cakes, for example our Chanel bag cakes. We do flower cupcakes, and edible glitter in our fondant pieces; we try to push the edge a bit. Especially in the UAE, it is still a virgin market so it is interesting to be here at this time, with an innovative product.

What do you think of the food industry in the UAE?

The food industry is great here; there are some of the most amazing restaurants. Michelin-starred chefs have opened up wonderful concepts and ideas here, and the quality is some of the highest in the



Maison Sucre, located in the heart of Khalidiyah, Abu Dhabi is a lovely little bakery and coffee bar



world. But, whether they are affordable or not is a different question. Many restaurants are very expensive, and that has encouraged us to be more affordable to everyone – a luxury product at an affordable price. There are very limited restaurants that are of great quality that are affordable too; I think we need to see more of that. But the industry is definitely growing and it is an exciting time to be in this market.

Where do you source your ingredients?

We go for organic as much as we can, but we go for mostly European-made products and American products. All the ingredients are imported from outside. Our philosophy is always to use fresh ingredients, and to make sure the quality is great. We are not interested in using pre-made items, pre-made mixes, pre-made tarts; everything is made from scratch daily at Maison Sucre. At the end of the day you want your customers to come back and enjoy their experience every time.

What are some of your favourite items available?

I love the coconut meringue cream cake; it is one of my mom's recipes. I also love the baked mini cheesecake, and the Nutella cupcakes that have Nutella cream icing and a chocolate cake base.

When I was growing up, we'd have homemade dessert after dinner every evening, and that is a huge inspiration for me. I want a person to feel that the items they are enjoying are homemade, which is the most important thing. It takes us back to memories of childhood, to growing up, to going to your local bakery, buying some bread. It is a comforting experience. We create real comfort food.



Sophisticated *simplicity*

It is a fusion of the **finest teas**, the freshest **scones and pastries**. It is the **comfort** that brews in each of our chic, cozy corners. It is that simple **splash** of flavor that soothes you after a long day. **Aspen's afternoon tea** was selected as one of the best in town by Time Out Dubai. It's what we call an afternoon of *sophisticated simplicity*

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DUBAI

Japanese cooking at Yotto



A chic authentic Japanese restaurant situated in Cipriani Yas Island, Yotto merges tradition and innovation in delicious ways. *BBC Good Food ME* learns to create new salmon sashimi and torched sushi with head chef Yutaka

How would you describe the style of cuisine at Yotto?

Authentic Japanese cuisine using the freshest products reflecting the Cipriani tradition of simplicity.

What are the essential ingredients of traditional Japanese cuisine?

Rice, soy beans, salt, mushrooms, soy products, noodles and fresh seafood, sake, mirin, bonito flakes and kelp.

How would you describe the flavours of authentic Japanese cuisine?

In authentic Japanese cuisine, you will find all the essences of the fundamental flavours; saltiness, sweetness, acidic, bitterness and sour, at Yotto you will find them in a distinct and most elegant way.

Can you describe the style of sushi you create at Yotto?

All noble cuisines in the world have a history. Japanese is certainly one of them. We are practicing an updated, innovative style of cooking style respecting the roots of the Japanese ancestors.

What are some of your favourite dishes on the menu?

The new sashimi salmon, langoustine scampi with creamy wasabi sauce, black cod, and the torched sushi.

What are your top three tips to successful Japanese cooking?

Experience the different ingredients, learn the techniques and practice, practice, practice. You need the knowledge, but you need passion too.

Where can we find good quality Japanese ingredients in the UAE?

At Yotto, we do not source any Japanese ingredients in the UAE, our ingredients are imported from all parts of the world. However, certain ingredients can be found at Waitrose Dubai Marina Mall and Deans Fujiya Supermarket. Currently, the Japanese import market is on a halt due to the tragic Tsunami disaster.



Other than Yotto, what is your view on the quality of Japanese restaurants in the UAE?

Honestly, medium to low. You can find only a few decent quality Japanese restaurants in the UAE.

What can diners expect from Yotto that is unique to the UAE?

Diners at Yotto will always find up-scaled service, unique delicacy on the food and authentic and honest flavours.



Tuna, sea bass, jumbo shrimp and salmon torched sushi

"By torching the final sushi, you are making the flavour of the sauce and the fish more pronounced. And for those who don't like the idea of raw fish, the flame cooks the fish slightly," says chef Yutaka.

Steam hot, short-grain sushi rice (kagayaki rice) until it is soft and sticky. While it is still very hot, pour sweet, white rice vinegar over the rice. Place a little water on your hands and use your hands to create a tube of rice, on which you will place the fish. Create a little hole in the rice with one finger, so that you can mould the rice easily into the right shape. Spread a little bit of wasabi paste onto the rice and place the each piece of fish atop the rice. Create a sauce for the sushi by mixing together soya sauce, bonito fish flakes, a little kelp and sake. Brush the sauce onto the sushi, and, using a culinary flame torch, scorch the fish lightly.

Yotto's new sashimi salmon

"A simple and delicious dish for summer that full of authentic Japanese flavours. Be sure to purchase the freshest, best-quality salmon you can," says chef Yutaka.

Create the new sashimi sauce by mixing finely grated garlic, a little wasabi paste, whole white sesame seeds and chopped chives. Using a very sharp knife, slice the fresh, raw salmon into slivers and place onto the plate in a circular formation. Drizzle the new sashimi sauce over the salmon. In a pot on the stove, boil 2 tbsps of sesame oil, and pour over the sashimi. Serve immediately.



Cooking in D's kitchen

Dalia Dogmoch, the co-founder and chief baker of Kitsch Cupcakes, is a fantastic cook with a recipe and food blog that is brimming with scrumptious style. *Lauren Hills* visits her beautiful home to learn to cook a summer dinner party menu

With an amazing open-plan, state-of-the art kitchen and lovely long dining room table, it is clear that Dalia Dogmoch's new home has been designed around her love for food: cooking, dining and entertaining friends and family.

On the afternoon that I visited Dalia (known to all as D), she was warm and inviting as she showed me through her beautiful Dubai home. The afternoon sun was streaming in through the large windows and as I walked into the kitchen, I could smell the creamy lemony-butter goodness of the sauce, for the capellini pasta, as it simmered on the stove.

As the weather heats up, and we stay indoors more, summer is the perfect time to entertain friends and family. Dalia has whipped up a fabulous summer dinner party menu for us that is not only simple to prepare, but absolutely delicious too. Nice and light, using only the freshest ingredients, the menu is packed with divine summer flavours. We hope you enjoy creating these recipes at home.

For more of Dalia's recipes visit the D's Kitchen website on www.daliaskitchen.com.



A large dining room table is perfect for leisurely dinner parties. Dalia has added splashes of fun colour through the Missoni-Starck designed chairs



When decorating your table, Dalia advises to keep it quite simple with elegant cutlery and crockery, and then add colour to the table through fresh flowers



Spiced jumbo shrimp & capellini a limone

SERVES 6 – 8

12 – 14 jumbo shrimp, peeled and deveined
750g capellini pasta or similar
5 cups cooking cream
1/2 cup butter
1/3 cup lemon juice (and a little more for the pasta water)
zest of one lemon
1 cup parmesan, grated
1/3 cup flour (for drenching)
1 tsp cayenne pepper
salt and cracked pepper to taste
chopped parsley for garnish

1 Melt the butter on low heat, add the lemon juice, zest and cream. Stir constantly, letting it simmer for a few minutes. Add salt and a generous amount of cracked pepper to taste and set aside on very low heat.

2 On a shallow plate combine flour, cayenne pepper and salt. Drench the shrimp in the flour mixture and set aside. Heat a generous amount of butter and olive oil on medium heat and sauté the shrimp for about 2 minutes on each side. Place on a paper towel to drain the excess oil and set aside.

3 Add a little lemon juice to boiling salt water and cook the pasta al dente, as per instructions. When ready, don't drain the pasta completely so it absorbs the sauce and slides in the pan. Add the pasta (not all of it at once to make sure you have the right amount of sauce), to your warmed sauce in the pan and toss, combining everything well. Place the pasta on the plate, then lay the shrimp on top and sprinkle with sparsley. *Bon appétit!*



Bresaola & melon with tartare dressing

SERVES 6 – 8

1 melon, thinly sliced
250g Bresaola, thinly sliced
2 tbsp Tartare soft cheese
2 tbsp sherry vinegar
6 tbsp olive oil
1 tbsp honey
fresh basil leaves
salt & cracked pepper to taste

1 Make the dressing by whisking the tartare and vinegar until smooth. Add the honey, then the olive oil and season to taste.

2 Prepare the plate by laying the slices of melon first, cover with the bresaola slices, sprinkle a few basil leaves, and drizzle the dressing on top. Enjoy!

CHEF'S BITES

DALIA DOGMOCH



Raspberries with vanilla mascarpone

SERVES 6 – 8

750g mascarpone
2 tbsp icing sugar
4 to 5 tbsp honey
seeds of half a vanilla bean

In a bowl, whisk the honey, icing sugar and vanilla seeds with the mascarpone until well combined. As you're plating the dessert, start with the vanilla mascarpone, then lay the raspberries on top, add some more mascarpone and repeat the process until you have a lovely tower of raspberry and mascarpone goodness!



Warm choc-orange tarts with orange ice cream

MAKES 8 • PREP 1 hr 15 mins plus

cooling, chilling and freezing • COOK 1 hr
Moderately easy • Pastry and ice cream

250g/9oz dark chocolate
2 eggs, plus 1 white (leftover from pastry)
140g/5oz caster sugar
85g/3oz melted butter
85g/3oz plain flour
little cocoa, to serve

FOR THE PASTRY

350g/12oz plain flour
200g/7oz butter, cubed
100g/4oz icing sugar
zest 1 orange
1 egg yolk, mixed with 2 tbsp water

FOR THE ICE CREAM

500ml/18fl oz whole milk
300ml/½pt double cream
5 yolks
140g/5oz caster sugar
zest 2 oranges, plus juice of 1

1 Make the ice cream first. Heat the milk and cream in a pan to just below boiling point. Stir together yolks and sugar, then gradually whisk in the hot milk mixture. Return to pan, heating gently and stirring until thickened. Stir in the zest and juice, and cool. Churn, then freeze until solid. Can be made up to a month ahead.

2 To make the pastry, whizz flour and butter in a food processor, then pulse in icing sugar. Pulse in zest with enough yolk mixture to bring the pastry together. Roll out and line 8 deep, individual tart tins. Chill for 30 mins.

3 Heat oven to 190C/170C fan/gas 5. Fill tarts with baking parchment and baking beans, and bake blind for 15 mins. Remove beans and paper and bake for 10 mins more. Remove from oven. When cool enough to handle, remove from tins and sit on a baking sheet. Turn oven down to 160C/140C fan/gas 3.

4 For the filling, melt chocolate in a bowl over a pan of barely simmering water. Beat the 2 whole eggs, extra white and sugar until thick and pale – about 5 mins. Fold in the chocolate, melted butter and flour, then divide between the tarts. Let the mixture settle for a few mins, then bake for 25 mins. Leave to cool for 10 mins while scooping ice cream into balls. Dust the tarts with a little cocoa, top each with a scoop of ice cream.

PER TART 1,107 kcs, protein 15g, carbs 116g, fat 68g, sat fat 38g, fibre 3g, sugar 75g, salt 0.64g

An elegant end to a decadent dinner

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Food
Club
Event

Royal Thai cooking

Vibrant chef de cuisine Narumol of Dusit Thani Dubai taught Food Club members three authentic Royal Thai dishes from the Benjarong menu



In a rare chance to learn the art of Royal Thai cooking, Food Club members gathered at the Häcker kitchen showroom in Al Barsha to watch the vibrant chef de cuisine Narumol of Dusit Thani Dubai create three authentic Thai dishes from the Benjarong menu.

Charismatic and full of fun, chef Narumol's masterclass was interactive and informative. For starters she created a green papaya salad with dried shrimps, peanuts, string beans and fresh chilli. A tasty, light summer starter zinging with flavour, the dish is traditionally created to be quite spicy. Chef Narumol emphasises that you can lessen the amount of chillies used, according to your taste preferences.

The main course dish of roasted duck in red curry with pineapple, tomatoes and grapes was deliciously-creamy and piqued by the tangy pineapple flavour. A great example of authentic Thai cooking, the fresh herbs and spices merged with the curry, fruit and meat to create a delicious combination of flavours and textures. Chef Narumol says that instead of a whole duck, buy 300g duck meat strips. The meat from the drumsticks is best suited for this dish.

"The menu at Benjarong is authentic Royal Thai cuisine, and the dishes are not too spicy, using all the authentic Thai herbs and spices," says Chef Narumol.

For dessert, it was onto the cooling Tab Tim Grop, ruby water chestnuts in iced coconut milk. Sweet with many different textures, this cherry red and white dessert is lovely to look at too.

Benjarong, the signature restaurant of Dusit Thani Dubai, is the only restaurant in the emirate to serve Royal Thai cuisine. Sour, sweet, spicy; you can enjoy a kaleidoscope of flavours from the Benjarong menu as you enjoy a panoramic view of Dubai from the 24th floor.





STARTER

Som Tum

Green papaya salad with dried shrimps, peanuts, string beans and fresh chillies

250g unripe papaya (green), peeled, shredded
 20g garlic, crushed
 60g string beans, crushed
 5pc fresh bird chillies
 50g palm sugar
 30g coarsely chopped roasted peanuts
 30g dried shrimps, ground
 100g cherry tomatoes
 50ml lime juice
 50ml fish sauce

TO GARNISH

30g white cabbage
 30g string beans

PREPARATION AND METHOD

- 1** Combine garlic, bird chillies fish sauce, palm sugar and lime juice in a mortar and pound all ingredients for 2 mins.
- 2** Add the shredded raw papaya, string beans, tomatoes, roasted peanuts and dry shrimps and toss thoroughly.
- 3** Serve with white cabbage and string beans

Chef Narumol's tip to success

When buying a raw papaya make sure that it is completely green and hard. If you can't find raw papaya green mango, carrots, cabbage or turnips can be used instead of unripe papaya. To make the salad more substantial, you can add some grilled BBQ chicken, and in Thailand, we also serve this dish with traditional sticky rice.

CHEF'S BITES



MAIN

Gaeng Pet Ped Yang

Roasted duck in red curry with pineapple, tomatoes and grapes

1 whole duck, entrails removed

100g red curry paste

500ml coconut milk

60g pineapple, cut into cubes

60g cherry tomatoes (whole)

3pc kaffir lime leave

10g grapes (preferably white), seeds removed

20g red and green chillies

10g baby aubergine (whole)

10g sweet basil leaves

20ml fish sauce

50g vegetable oil

20g palm sugar

DUCK SEASONING

5g salt

5g pepper

5g sugar

2 pc star anise

THE DUCK

100g glucose

400g vinegar

3l water

5ml orange colouring

1 Wash the whole duck, remove excess fat and pat dry with paper towels.

2 Put all duck seasoning ingredients inside the duck, rubbing them in to distribute evenly throughout the inside of the duck. Close the opening by piercing a wooden skewer through the skin.

3 Fill a large pot with water, and boil. Add glucose, vinegar and orange food colouring. Tie a length of string around the neck of the duck or around the wings. If you've bought a duck without a head, hold the string, immerse the whole duck in the boiling water for 2 min. Remove from the pot and hang in an airy place to dry for 3-5 hrs.

4 Pre-heat the oven to 230 degrees Celsius. Remove the string and place the duck in a pan, breast side up. Roast in the oven for 15 mins. Reduce the heat to 180 degrees Celsius and continue to roast for 40-50 mins until the skin is brown and the meat on the bone is well done. De-bone the duck and slice the meat in to 2.5cm strips.

5 For the red curry, fry red curry paste in vegetable oil in a wok over medium heat for 3-4 until fragrant. Add 300g of the sliced roast duck, coconut milk, pineapple cubes, tomatoes, small eggplants (whole), grapes and kaffir lime leave. Stir occasionally. Season with palm sugar and fish sauce.

6 To serve, place the duck curry in a serving bowl and garnish with sweet basil leaves and sliced chilies. This dish is best eaten with steamed jasmine rice.

DESSERT

Tab Tim Grob

Ruby water chestnuts in iced coconut milk

120g diced water chestnuts

80g sugar

30ml salt to taste

100g coconut milk

50ml Thai red syrup

100g tapioca flour

50ml syrup

crushed ice

water for boiling

1 Soak water chestnuts in red syrup for 30 minutes and strain. Coat with tapioca flour.

2 Boil water in a pot and place the water chestnuts in the pot. Keep the water boiling until the water chestnuts float, and then let the water cool.

3 Heat coconut milk. Add salt.

4 Put water chestnuts in the bowl add syrup crush ice and top with coconut milk.



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TRAVEL
MEXICO

Mexico

a fiery food fiesta

In Mexico, the birthplace of chocolate and a myriad uses for chilli, you can taste the past, and it's delicious

WORDS **DANIEL DOMBEY** PHOTOGRAPHS **JASON LOWE**

GOING TO MEXICO IS A FORM OF TIME TRAVEL.

Within hours of arriving, you are confronted by one of the sights conquerors in the 16th century would have glimpsed: peasant women shaping ground maize tortillas. Dressed in simple white blouses, black hair tied back, they look as if they've stepped out of a Diego Rivera painting celebrating the solid sensuality of Mexico's mestizo (indigenous mixed with Spanish) race. The humble pancake is the foundation of one of the world's great cooking traditions, one that mixes pre-Colombian influences with European and North African traits.

But first impressions can be off-putting. Many newcomers find the smell of near-rancid oil, coriander and the thin, polluted air over the street stalls to be anything but pleasant. Mexico is full of surprises. Spanish conqueror Hernán Cortés experienced his first taste of chocolate at the banquets held by Moctezuma II, the Aztecs' last emperor. He also sampled corn, chilli peppers and tomatoes – food no ordinary European had eaten. Today, restaurants and families throughout the country build their cooking around the same ingredients, while omitting some of Moctezuma's other preferred dishes, such as the flesh of young boys.

Mexico is a country where you can eat it all. There is an almost limitless supply of interesting ingredients: baked rabbit and trout in the mountains, the world's best shrimp on the coast, wild turkey in the tropical forests of Yucatán, spicy beef and roast goat in the deserts of the north. In one district of Mexico City, the economy revolves around growing cactuses for cooking. And in areas of the southern state of Oaxaca, grasshopper farms play the same role.

Mexican cooking is a world away from the crude Tex-Mex 'Mexican' cuisine we get everywhere else. Chilli sauce is lightly flavoured with coriander; there are a thousand vegetarian ingredients, from exotic mushrooms to pumpkin flowers; fish are marinated in lime and spices and meat dishes cooked in maize or banana leaves. Still more important, Mexican cooking, like Italian, manages to step its way between over-ornate French sauces and the Spanish tradition, which can often be almost bereft of all condiments.

Mexican food charts the country's history and that of Spain before it. The dish pollo en pipián, from the Caribbean region of Yucatán, echoes North African cooking. There chicken comes with a sesame seed sauce flavoured with cinnamon, cloves and the lightest touch of chilli. Not surprising when the architecture, the balconies, patterned tiles and graceful town squares evoke North Africa and southern Spain.

The coastal delicacy of ceviche – raw marinated fish served with tomatoes, coriander and olive oil – can probably be traced to an Asian source, the result of the Spaniards' decision to open up Mexico to trade with the Philippines, according to Diana Kennedy, one of the leading authorities on Mexican food and author of *The Essential Cuisines of Mexico* (Crown Publications, around £21). The dishes of the North, hearty beef steaks (bistec ranchero) and roast goat (cabrito al horno), come from a region that was only lightly populated before the conquerors came, in which Spanish influence was at its greatest. And Mexico's excellent cerveza (beer), best sampled as dark, powerful brews such as Bohemia and Negra Modelo, is testimony to the labours of

19th-century German settlers.

But Mexican food's universal features – the chilli sauces, the beans and, most of all, the tortillas – are the legacy of its pre-Colombian past. It is no accident that Latin America's two strongest cooking traditions, those of Mexico and Peru, are found in the two countries that hosted the Americas' most powerful empires. Both had elaborate social structures that were supplanted rather than annihilated by Spanish dominion and, in both, the culture of the kitchen can be traced back to those pre-Colombian days. By contrast, modern-day Venezuela retains no trace of the little Venice it was once named after, while the land of riches that gave Argentina its name never even existed.

Today, you can feast on the modern forms of this ancient food in a thousand chic restaurants. On the site of what was allegedly a belle époque brothel behind Mexico City's cathedral, Cicero Centenario offers mariachis (street musicians), exquisite margaritas and accessible versions of classics from tortilla soup to chiles en nogada, a dish which mirrors the green, white and red of the Mexican flag.

Nearby, in a plusher part of Mexico City's historic centre, Los Girasoles serves quesadillas made from blue corn flour, turkey with tamarind sauce and, for the adventurous, fried cactus worms and ants' eggs – all cooked and served according to the dictates of high cuisine. And in the Polanco business district, Izote serves what the New York Times has hailed as 'sensational' salsas, freshwater shrimp in a deep red broth and steamed fish with a sauce made from huitlacoche, the delicious, inky corn fungus Mexicans have been eating as a delicacy since Aztec times.





TRAVEL MEXICO

And yet the most authentic Mexican eating experience is elsewhere. It is on the street corner, or at taco joints such as El Tizoncito, in the Bohemian district of Condesa, where beef and pork are served with chilli, onion and the inevitable, inimitable chilli sauces. It is in countless fondas, cafés serving a daily three-course menu and a handful of à la carte dishes. The Mexican family table is unarguably the best place to sample pollo con mole, chicken with chocolate and chilli sauce, the country's most idiosyncratic and addictive dish.

The origins of the recipe are mysterious, although it is known to have been first cooked in the city of Puebla, just to the east of Mexico City. But as one Mexican writer said: 'Whether it was prepared for archbishop or viceroy, by the nuns or the angels, the very thought of it makes your mouth water.' Mole, the Aztec word for mixture, (as in guacamole, avocado mixture) is a form of time travel in its own right. It is a fitting national dish for a country where history has always loomed large, where Cortés and his men came into contact with a land of pyramids, of powerful priests and astrologers, which bore a greater resemblance to ancient Mesopotamia than the Europe of their own time.



TRAVEL MEXICO

MEXICO'S REGIONAL CUISINES

OAXACA All food fans fall in love with Oaxaca (pronounced wah-HAH-kah) and its diverse cuisine. Oaxaqueños have been developing their culinary skills since pre-Aztec times.

Oaxaca is known as the 'Land of the Seven Mole' and hungry travellers should go straight for any dish garnished with these complicated sauces made with up to 50 different ingredients. Bolder eaters may wish to try chapulines (dried grasshoppers). And liquorice fans should go for the frijoles, which have been flavoured with epazote, a local herb. Flores de calabaza – pumpkin flowers usually cooked with cheese – are an absolute winner.

Bon viveurs may wish to note that Oaxaca is not only home to mezcal (potent liquor made from the sap of the maguey plant), but it also produces Mexico's finest chocolate.

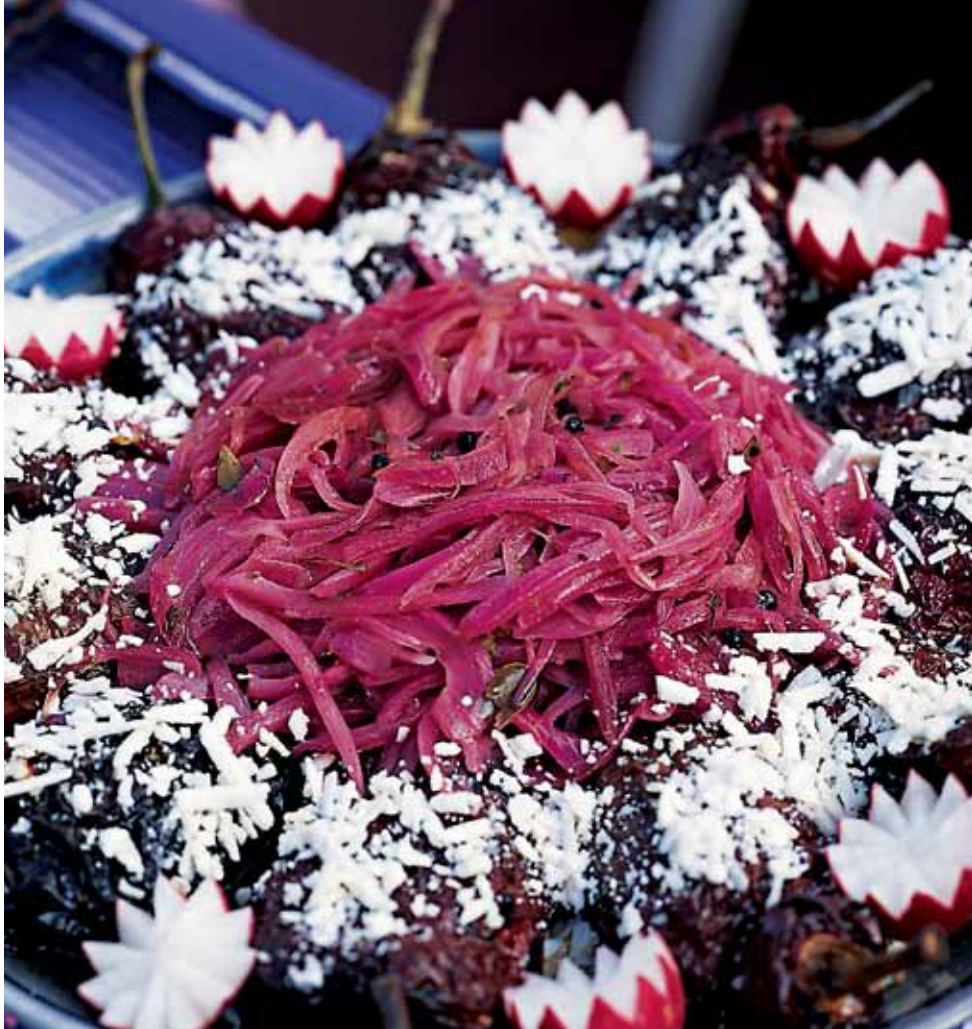
CAMPECHE The tropical state of Campeche sits between the Belize border and the Gulf of Mexico. Its cooking is a wonderful mix of influences from Mayan and Spanish to European and Eastern. This region is known for its seafood and exotic fruits such as the marañón, the brilliantly coloured fruit of the cashew nut.

A delight not to be missed is pampano – a grilled fish fillet cooked in an escabèche marinade of oil with onion, garlic, chillies, paprika, herbs and orange juice.

The nearest you may find to a Sunday roast is cochinita pibil – suckling pig marinated in orange juice and spices then roasted in an underground oven.

MICHOACÁN Head east out of Mexico City and you reach the stunning state of Michoacán where visitors enjoy an unforgettable environment of mountains, virgin beaches, and picturesque towns. The cuisine is simpler than elsewhere in Mexico but just as delicious.

Michoacán's most famous dish is carnitas or crispy braised pork.



Chile anchos stuffed with three cheeses

SERVES 6-8 AS A STARTER • 30 MINUTES

16 medium-sized dried anchos chillies
250ml olive oil
4 red onions, cut into thin strips
1 tbsp black peppercorns
1 tsp sea salt
6 bay leaves
1 tbsp dried oregano
125ml white wine vinegar
radishes to serve (optional)

FILLING

250g cottage cheese, drained in a colander
250g ricotta cheese
200g mild cheddar, grated
1/4 white onion, finely chopped
1 tsp paprika

1 Heat the grill to medium. Grill the chillies, taking care not to burn them. Slice them open down one side with a knife, remove the seeds, rinse and drain.

2 Heat 125ml of the olive oil and add the onions with the peppercorns, sea salt, bay leaves, and oregano.

3 Fry for about 5 minutes, then add the vinegar and 125ml water and cook for a minute more.

Remove from the heat and add the remaining 125ml oil and stir well. Using a slotted spoon, lift out the onions.

4 Put back on the heat and submerge the chillies in the liquid a few at a time for a few seconds so they soften. Lift out the chillies, drain, reserving the liquid, and pat dry with kitchen paper.

5 To make the filling, combine the ingredients, reserving 50g of the cheese. Spoon into the chillies.

Spoon some of the red onions over a large plate to make a base, then top with the stuffed chillies.

6 Add the remaining onions and pour some of the reserved chilli cooking liquid all over. Finally, sprinkle with the remaining cheese and dot radishes round the plate, if using.

thyme to cool down

With live music and scrumptious summer specials, you can enjoy the flavours of the Mediterranean in a cool, comfortable and vibrant atmosphere at thyme, Oasis Beach Tower, Dubai

A cosy, comfortable and vibrant restaurant for family and friends alike, the eatery boasts a wonderful array of dishes inspired by the best of The Mediterranean. From gorgeous mezze and anti-pasti selections for starters to lovely pizza, pasta and slow-cooked roasts for mains, as well as a selection of decadent desserts, you will be spoilt for choice when you visit thyme in Oasis Beach Tower, along the buzzing JBR Walk.

"The beauty of The Mediterranean cuisine is that it has been influenced by so many different countries and regions. This gives us great pleasure to use products from Spain, Greece and Italy to Morocco, Tunisia and Sicily. In all these regions, the cooking is all about flavours, time and the right ingredients. What we love most about The Mediterranean cooking are those small and informal dishes, which give an automatically relaxed and familiar atmosphere," says Alexander R. Fries, Executive Chef of thyme restaurant.

Not just a feast for the taste buds, you can savour your meal while enjoying the sounds of a live duo of musicians too. With rustic décor and homely touches, as well as the wonderful sensory experiences at thyme, you will be transported to The Mediterranean this summer.

"For us it's all about relaxing in a familiar atmosphere at thyme. For our food presentation we use a lot of copper and iron casserole dishes to enhance the warm, country-side like feel. All colours, fabrics and materials used in the restaurant are natural and rustic-made; which gives you the feeling of being at home," Chef Alexander continues.



*All rates include 10% municipality fee and 10% service charge. Not valid in conjunction with any other special promotions or offers. Offers valid until 31st July 2011. Terms and conditions apply.

Super summer specials

'thyme' happy hour

Every day from 6pm – 8pm enjoy selected beverages for just AED 20*

Pint & a pie

Get a special discount when purchasing a pint of beer with beef or chicken pie and salad. Only AED 55*

'thyme' summer special

Lunch at 'thyme' and enjoy a full buffet with a live pasta corner and fresh, oven baked pizza including selected beverages. From Saturdays to Thursdays from 12.30pm – 3.30pm for only AED 95*

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From 12.30pm – 3.30pm every Friday.

AED 140* including water & soft drinks.

AED 280* including house spirits, bottle beers & house wine.

AED 395* including all house beverages and half bottle of Moët & Chandon.

Guests that dine at 'thyme' for the Friday Brunch will get complimentary access to the swimming pool, sauna and gym at Oasis Beach Tower.

Dinner's heating up!

The higher the temperature the bigger your smile this summer at thyme! Sample the dinner buffet, daily from 7pm to 11pm for only AED 165* per person. Each table will receive a percentage discount equal to the current temperature, which can be redeemed on your next visit. The hotter it is, the more discount you get!



For reservations or more information, please call 04 315 4200 or email thyme@jaihotels.com

www.oasisbeachtower.com



From tagine to masala

Avid traveller and food writer with an insatiable love for the Middle East, Mike Harrison shares a gastronomic Arabian adventure with *BBC Good Food Middle East*

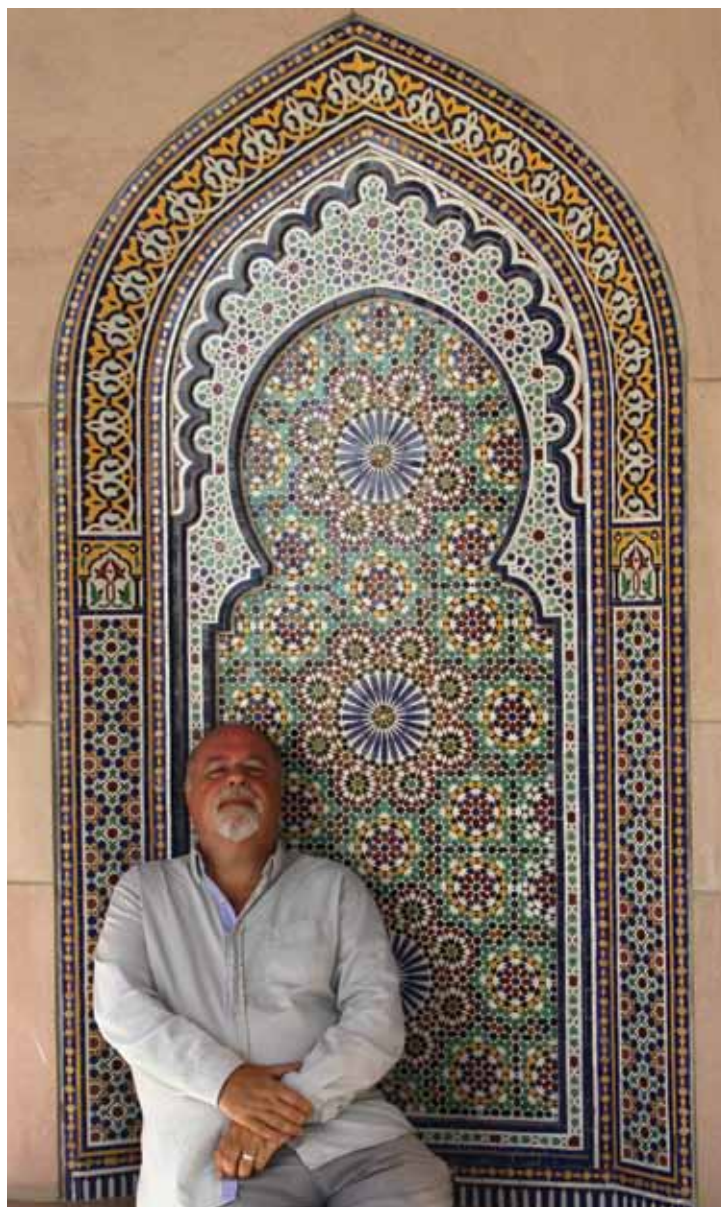
My interest in food dates back 30 years or so, to the first independent trip I made outside of Europe as a back-packing student. Unlike many readers, my first forays into the kitchen were not to observe and learn from my mother, but something I viewed as rather more exotic.

This lifelong gastronomic journey began with an Interrail train pass which allowed the bearer free access to the entire rail networks of Europe and... Morocco. Whiling away the time on a night train through Spain, my travelling companion and I met a charming Moroccan who, after only a few minutes' acquaintance, invited us to visit him in Casablanca. For star-struck youths such as us, the city's name evoked wonderful memories of the famous movie of the same name. We accepted the invitation without hesitation and barely a few hours later were hurtling along the North African coast towards Casablanca, giddy with excitement. It was Ramadan, the streets were abuzz with life, and we spent the following ten days sleeping and eating in the homes of complete strangers, with evenings spent people-watching while sipping sweet mint tea and nibbling baklava.

We were both hooked for life. My travelling companion went on to marry an Algerian, and I more or less married the whole Arab world, having only left it on a few occasions during my 30-year career as an educator and writer.

My first ever full-time job took me to Tunisia, a country where hospitality is deeply engrained in the national psyche. I was quickly adopted by the mothers of several friends and colleagues, all of whom seemed to compete to fill me with delicious local delicacies. Determined to observe, learn and benefit from the whole experience, my interest was piqued and I was eager to make the unfamiliar familiar. Many happy hours were subsequently spent observing my new mums' char-grilling peppers, rolling out pastry dough and steaming mountains of couscous.

The southern Mediterranean lifestyle and food suited me perfectly. I honed my Arabic skills at the table of friends and my culinary skills were developed in the kitchens of my Tunisian mothers!



Tunisia whetted my appetite sufficiently to want to see and taste more of the region. I went on to savour Egyptian ta'amiya and other street delicacies as well as kunafa, the Jordanian dish of hot melted cheese with a crunchy topping. A few years later, while working in Iraq, Kurdish friends taught me to make local pulao rice with almonds and raisins. By now, I was starting to acquire some of the creative and instinctive culinary skills that had previously been lacking, and my repertoire was expanded to include combinations of fruit and meat, popular in Moroccan tagines of beef and prunes and lamb with apricots, but also, in my favourite dish of Iranian fesenjan – duck, simmered in a sauce of walnuts and pomegranate molasses.

By now, I realised that my passion lay not only in tasting the more exotic dishes I had not been exposed to in my youth, but in tracing their origins, and gathering the stories about them. My interest in trade and spice routes took me to Senegal and Yemen and across the Indian Ocean to Indonesia and India.

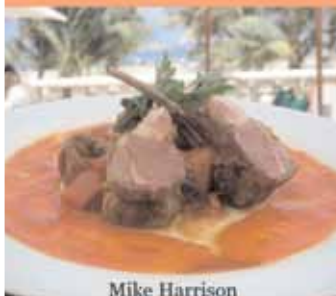
At the onset of the new millennium, I found myself sitting on a beach in Zanzibar with my laptop. I had taken time off from my career and was

TRAVEL
MIDDLE EAST



From Tagine to Masala

Recipes gathered from along the Arabian Trade Routes



Mike Harrison

Mike Harrison is a member of that itinerant tribe of nomadic English language specialists who spends his life wandering from country to country, although for the last decade or so, he has been based in Dubai and Oman.

Mike has written extensively on the subject of food and travel for many publications throughout the UAE, Oman and Bahrain. 'From Tagine to Masala' was his first book, and is the culmination of more than 20 years of gathering recipes and experiences from across the Arabian trade routes and the broader Islamic region, from Morocco to Indonesia, and from Turkey to Zanzibar. Recently published in its third edition, the book has been revised and updated to include recipes from Afghanistan, where he spent the whole of last year. He is currently working on a book about the country, which he holds dear to his heart.

determined to gather together and publish some of my gastronomic stories. I met the grandson of the Chinese woman who carried the first noodle machine from her native Guangzhou all the way to the African spice island where she very cleverly succeeded in developing the Zanzibari habit of fast-breaking in Ramadan with a delicious noodle soup. I raided the local markets, scooping up octopus, huge plantains and passion fruit, and then asked a friend's aunt to show me how to prepare some local dishes while I stood poised with notebook in one hand and spoon in the other.

With a growing interest in food writing, I settled in Dubai, where the opportunity existed to balance a career of teaching with the writing hobby. While there is generally less exposure here to the local cuisine, Dubai does offer the more eclectic flavours of the international, hedonistic city, and for the professional gastronome, being able to breakfast on Middle East mezze, lunch on Chinese seafood or British fish 'n' chips, and dine at Thai and Italian restaurants does hold distinct advantages, as we all know.

Regular columns for Gulf magazines have meant that my writing has for the most part been focussed on the broader Islamic world. Asked by a Bahraini newspaper to write a daily column with

recipes during Ramadhan, 'Mike's Thoughts for Iftar' received a lot of positive feedback and I was encouraged to pull together a number of these recipes into a book. This resulted in 'From Tagine to Masala', a collection of fifty or so recipes from twenty-two different countries. Each recipe, from Shirazi Salad, to Libyan Fish Soup and Zanzibari Spice Cake, contains a story or anecdote related to my personal involvement with the given dish.

At the beginning of 2010, I accepted an offer to direct a language programme at the American University of Afghanistan, and spent the whole of last year in Kabul. It turned out to be a life-changing experience. Life was tough, challenging and dangerous. At the same time, it was one of the most rewarding experiences of my life.

Its location at the very centre of the trade routes of Central Asia has meant that armies and empires have since time immemorial sought to conquer the country. In the 19th century, the country provided the battleground for The Great Game, mapped out between Britain and Russia, where both powers sought to maintain their respective spheres of influence in the region. To this day, Afghans proudly claim that no one has ever fully conquered the country. Indeed, it has historically been known to many as 'the graveyard of empires'.

Yet many have left their influence behind, and nowhere is this more evident than in the country's cuisine. Afghan food represents a culinary melting pot of all of these historical influences: Turkish, or Ottoman baklava, Mughlai or Persian pulao and Chinese-influenced dumplings are only some of the national dishes.

The Ottomans travelled east from Constantinople [Istanbul], leaving a legacy of syrupy-sweet baklava, while the Moghuls travelled up from India, establishing their strong links with Kabul, and contributing eclectic dishes such as kidjeree, and qabuli pulao, a succulent dish of chicken and rice flavoured with almonds and large, bulbous raisins. My personal favourite is mantu – a sort of Asian ravioli, originally brought across the steppes by Genghis Khan and his Mongol hordes. Khan's warriors carried dried mantu on horseback with them, stopping only to rehydrate the tasty morsels in steam or water, and hey presto! – Instant nutrition on-the-move for the 13th century warrior in a hurry.

When it came to the revision and updating of the book for this latest edition, the addition of some Afghan recipes was a priority and so here is a recipe close to my heart.

Travel along the Arabian trade routes with me.



Afghan kidjeree quroot

'Quroot' is a form of curd that is made into small balls and dried in the sun. In a discussion last year with some of my Afghan students at the American University of Afghanistan, Ali Reza, a young man from the city of Herat, told me of this 'unique' Herati dish. I think he was rather disappointed when I informed him that forms of 'kedgeriee' have been cooked throughout the Indian sub-continent for a very long time!

400g short grain rice	1 tsp dried mint
400g mung beans, soaked overnight	1 tbsp cayenne pepper
700g ground lamb	¼ tsp salt
2 medium onions, grated	¼ cup vegetable oil
1 medium onion, chopped	6 Herati 'quroot' balls*
1 tbsp coriander seeds	
½ cup fresh tomatoes, diced	* Replace with ½ cup thick, plain yoghurt, if quroot is unavailable

1 Bring to the boil a pan of water, add the mung beans and a pinch of salt, then reduce the heat and cook until almost tender (approximately 1 hour), removing the scum from time to time when necessary. Remove from the heat and set aside. In another pan, cook the rice, again, with a teaspoon of salt, until almost tender, then remove, and mix together both the mung beans and rice. Place in a baking dish. Preheat an oven to 180°C and bake the mixture for a further 30 minutes, or until all of the water has evaporated.

2 In a bowl, mix together the ground lamb, grated onions, salt and cayenne pepper. Heat the vegetable oil in a saucepan, add the chopped onion and sauté until translucent. Add the ground meat mixture and sauté until browned. Add the tomatoes, two cups of water and cook on a gentle flame until the water has evaporated.

3 If you have access to authentic Afghan quroot, chop the balls and place in a blender with a cup of boiling water. Blend on a slow speed and turn up the control until a smooth, pourable paste is achieved.

4 To serve, place the mung/rice mixture on a serving dish and make a well in it. Add the meat sauce and mix together. Pour the quroot over the dish and decorate with dried mint and cayenne pepper.



Aubergine salad with yoghurt bidinjan bil zabadi

A Sudanese colleague prepared something similar to this dish for me many years ago, and called it 'salata aswad' – black salad. My version, which I have amended many times over the years, is made with local laban, or 'zabadi', though a creamy yoghurt works better as it gives the dish a thicker consistency. 'Salata aswad' is a popular Ramadhan snack in Sudan, where there are infinite varieties, which use, among other things, peanut butter, tahina or tomato paste, instead of the yoghurt. I like to make mine with a tiny chilli bite, and serve it with a few toasted pine nuts and a sprinkling of coriander on top.

2 large aubergines (eggplants)
½ cup of natural plain yoghurt
2 cloves garlic, finely diced
olive oil for frying
small chilli, finely diced,
or ¼ teaspoon Tunisian harissa
handful pine nuts
salt, pepper

Optional addition to marinade:

Any of the following: chopped basil, coriander, grated parmesan

Preparation:

Cut the aubergines into thin slices lengthways, sprinkle liberally with salt and let sweat for 20 minutes. Wash and pat dry and then fry in olive oil for 3-4 minutes each side. Pat dry once again and set aside. Combine the yoghurt, garlic, chilli and add coriander or basil if you want to flavour it thus. Spoon the marinade over the aubergine slices, pop under the grill and heat. If you want to give it a more Mediterranean flavour, sprinkle some Parmesan cheese over the slices before the final grilling.

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Food for the Weekend

- James Martin's brunch
- Food for friends
- Summer dining
- Sensational puddings

74 Apple & blueberry Danishes



90 Chloe's pink tiramisu



92 Pancetta and cheddar tart with thyme and paprika pastry



81 Prawn & sweetcorn fritters



Entertain
in style!

Smart brunch

Brunch is a great way for friends and family to get-together, and my easy menu should keep everyone happy, including the cook!



Spiced Bloody Marys

MAKES 4 • PREP 5 MINS • NO COOK

Easy 

8 tbsp vodka
2 x 400g cans plum tomatoes
1 tsp Worcestershire sauce
2 tsp horseradish sauce
few shakes Tabasco sauce
ice, to serve

Put all the ingredients, apart from the ice, into a blender. Blend until they're all well mixed and the tomatoes are pulpy. Divide the ice between 4 glasses, pour the mix over the top and serve.

PER SERVING 104 kcals, protein 2g, carbs 7g, fat none, sat fat none, fibre 2g, sugar 6g, salt 0.35g

Orange & cranberry spritz

MAKES 4 • PREP 5 MINS • NO COOK



Easy  Easily doubled **Superhealthy**

Good source of vit C, counts as 2 of 5-a-day, Low fat 

Mix together **500ml smooth orange juice** and **500ml cranberry juice** in a large jug. Slowly pour in **400ml sparkling elderflower presse**, as it will fizz up. Mix together and serve in tall glasses with ice.

PER SERVING 134 kcals, protein 1g, carbs 35g, fat none, sat fat none, fibre none, sugar 35g, salt 0.08g

Mini smoked haddock omelettes

SERVES 8 • PREP 25 MINS • COOK 20 MINS  

600ml/1pt milk
3 bay leaves
2 slices of onion
6 black peppercorns
600g/1lb 5oz un-dyed smoked haddock fillet
8 eggs
25g/1oz soft butter
100ml/3½fl oz double cream
4 tbsp grated Parmesan
2 tbsp snipped chives
salad (see right) and lots of buttered toast, to serve

1 Mix the milk with 600ml water, the bay leaves, onion and peppercorns in a large shallow pan and bring to the boil. Add the smoked haddock, lower the heat so the liquid is just gently simmering, and poach for about 4-5 mins, or until the fish is just cooked and flakes. Lift the fish out and onto a plate, and when cool enough to handle, break into large flakes, discarding any skin and bones.
2 Heat oven to 200C/180C fan/gas 6. Whisk the eggs and season with salt and pepper. Grease 2 x 4-hole Yorkshire pudding trays with the butter. Divide the eggs between each of the 8 holes and scatter each with the fish. Bake for 10-12 mins – they will be slightly un-set in the middle but will finish cooking under the grill.
3 Heat the grill to high. Mix together the cream and Parmesan, spoon a little onto each omelette then grill until golden. Slide onto plates and serve sprinkled with chives, with salad and buttered toast alongside.

Spinach & shallot salad

Thinly slice **5 shallots** and mix with a **100g baby spinach leaves**. Whisk **1 tbsp white wine vinegar**, **1 tsp mustard powder** and **3 tbsp olive oil** with some seasoning and toss through salad.

PER SERVING 255 kcals, protein 24g, carbs none, fat 18g, sat fat 8g, fibre none, sugar none, salt 1.79g



Baked in the oven, so
it's easy to feed a crowd

Apple & blueberry Danishes

MAKES 8 • PREP 20 MINS PLUS COOLING •

COOK 25 MINS **Easy** 

Prepare ahead and refrigerate until the omelettes are cooked, then freshly bake. Or bake before the omelettes and serve together at room temp or just warm.

3 tbsp butter
4 tbsp demerara sugar
2 small eating apples, peeled, cored and diced
pinch each ground all-spice and cinnamon
75g/2½oz blueberries
500g pack puff pastry
little plain flour for rolling
1 egg, beaten

1 First make the filling: melt the butter and 3 tbsp of the sugar in a medium saucepan. Stir in the apples and spices and cook for 5 mins, until the fruit is slightly softened but not cooked. Remove from the heat and stir in the blueberries.

2 Roll the pastry out on a lightly floured surface to £1 coin thickness. Cut out 8 x 11cm squares. Prick the squares all over with a fork and transfer to a baking tray.

3 Divide the filling between the pastry squares, spooning it into the centre of each square. Bring the four corners into the centre of each square and pinch together edges using a little of the egg to help stick. Brush all over the danishes with the rest of the egg. They can be covered and chilled for a few hours now.

4 Heat oven to 220C/200C fan/gas 7. Dust with the remaining demerara and cook for 20 mins until the pastry is golden. Don't worry if they pop open while cooking – they look even prettier.

PER SERVING 350 kcals, protein 5g, carbs 31g, fat 24g, sat fat 12g, fibre 1g, sugar 12g, salt 0.73g





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A cheat's guide summer dining

If you're in the mood for a get-together this summer, but want to avoid spending too much time in the kitchen, Dubai-based food blogger Nausheen Noor shows us how to create a stylish dinner party with ease

In most places on the planet, summer is a time for picnics on the beach and backyard barbecues. But those are the activities that Dubai-residents reserve for the other eight months of the year.

As temperatures soar, and are we are forced to take refuge indoors for our summer hibernation, not all is at a loss. With more time on your hands, it may be the perfect time to do some entertaining.

For some people, just the thought of throwing a dinner party is enough to cause heart palpitations stronger than an attempt to run in the Dubai heat. But, the beauty of the summer is that it's a time for casual entertaining. The sit down dinners, and multi-course menus of the festive season are months away. This is when you can relax – kick off your shoes, tie your hair back, put your elbows on the table and dig into some grub.

THE MENU

Don't worry about fussy canapés. Arrange bowls and platters of snacks around the room – nuts, crudite, olives, charcuterie – and let people help themselves.

Cold soups are a perfect, refreshing starter for the heat. They are very easy to make and take as little time as a smoothie. Just toss all the ingredients into a blender, and press 'start!'.

Trying to operate a grill in 40+ degree weather may be a bit suicidal. Don't worry, most barbecue recipes are easily made in the oven. Just leave off the barbecue sauce until the last 20 to 30 minutes of cooking time. It is full of sugar so it will burn.

For an easy side-dish, doctor ready-made items from the deli and then call it your own. For a Middle Eastern potato salad: toss some tabbouleh with cold, boiled potatoes, add a drizzle of extra virgin olive oil, a squeeze of lemon, and that is it!

Trifles always look impressive, even though they require no cooking at all. Almost all the ingredients come pre-prepared and all you have to do at home is an assembly job of cake, fruit, custard, cream and jam.

For ice cream sandwiches, all you need to do is squeeze a scoop of vanilla ice cream between two cookies purchased from the supermarket bakery aisle. You can wrap these in wax paper and store in the freezer for several days before the party. They are a treat for adults and children alike.

THE INGREDIENTS

After hours of planning the perfect menu, nothing frustrates me more than going grocery shopping only to find the ingredients aren't available in the stores this week (or ever). To solve this, sometimes I start with the shopping first for inspiration and then I Google away! There are so many food blogs and recipe sites that will fire back ideas at you.

It's really important to go visit the stores to see what is fresh and in season. The growing seasons are a bit unusual in UAE supermarkets. Right now we can get winter butternut squash from Australia, at the the same time we get summer peaches from Tunisia! This can make for some unusual, but interesting, menu concepts.

WHERE I LIKE TO SHOP

The organic **Bumble Box** veggies sold in the **Dubai Garden Centre** on Saturdays are a great way to find out what's local and in-season.

Galleries Lafayette Gourmet and Waitrose: Best places for cheeses and charcuterie items.

Spinney's: They will make party platters of crudite, cheeses and deli meats. You just need to order in advance.

Lulu Hypermarket: They source most of their vegetables from the MENA region. Less transport time means their produce looks far better than the items flown in from Europe at other stores.

Carrefour: It's the best place to buy fish, outside of the Deira Fish Market. The turnover is quick, which means it is always fresh. There's usually a good supply of local fish as well.



Gazpacho

SERVES 8 • PREP 25 MINS • PLUS CHILLING • NO COOK **Easy** Good source of vit C, counts as 1 of 5-a-day. *This is gazpacho the way I like it – dazzling red and smooth enough to drink from a glass.*

1 red onion, chopped
 2 garlic cloves, finely chopped
 1 red pepper, deseeded and chopped
 4 ripe tomatoes, chopped
 1 slice white bread, crusts removed and torn
 500ml/18fl oz passata
 300ml/½pt vegetable stock
 5 tbsp olive oil, plus extra
 4 tbsp wine vinegar
 1 tsp Tabasco or harissa
 1 tsp sugar
 basil leaves, to serve

1 Put the onion, garlic, pepper, tomatoes and bread in a food processor and blend until finely chopped, but not too smooth. Tip into a large bowl with the passata, stock, oil, vinegar, Tabasco or harissa, sugar and seasoning. Mix well, cover the bowl with cling film or foil and put in the fridge for at least 2 hrs or overnight.

2 To serve, pour into small bowls or glasses, drizzle over a little olive oil and sprinkle with a few torn basil leaves. Serve with Tapenade twists.

PER SERVING 134 kcals, protein 2g, carbs 11g, fat 10g, sat fat 1g, fibre 1g, sugar 6g, salt 0.48g

Red curry chicken kebabs

SERVES 2 • EASILY HALVED OR DOUBLED •
 PREP 15 MINS COOK 5 MINS **Easy**

2 skinless chicken breasts, cut into large chunks
 2 tbsp Thai red curry paste
 2 tbsp coconut milk
 1 red pepper, deseeded and cut into chunks
 1 courgette, halved and cut into chunks
 1 red onion, cut into large chunks
 1 lime, halved, to serve

1 Fire up the barbecue or heat a griddle pan to high. Tip the chicken, curry paste and coconut milk into a bowl, then mix well until the chicken is evenly coated. Thread the vegetables and chicken onto skewers. Cook the skewers on the barbecue or griddle for 5-8 mins, turning every so often, until the chicken is cooked through and charred. Serve with herby rice, salad and a lime half to squeeze over.

PER KEBAB 251 kcals, protein 36g, carbs 10g, fat 8g, sat fat 3g, fibre 2g, sugar 8g, salt 0.85g



Black Forest trifle

SERVES 8 • PREP 25 MINS PLUS COOLING AND CHILLING • COOK 5 MINS **Easy** 🍷

500ml tub ready-made chilled custard
– look for one with real vanilla seeds
100g/4oz plain chocolate, broken
into pieces
400g/14oz chocolate brownies
2 x 390g jars cherries in kirsch
or similar
300g tub double cream
200ml tub crème fraîche
25g/1oz icing sugar
grated chocolate, to decorate,
and fresh cherries (optional)

1 Put the custard into a pan with the chocolate pieces. Gently heat, stirring, until the chocolate has melted into the custard. Cover with cling film and cool.
2 Arrange the brownies in the base of a trifle bowl. Drain the jars of cherries, reserving the liquid, and scatter over the brownies. Drizzle over 100ml reserved liquid. Spoon the cooled chocolate custard

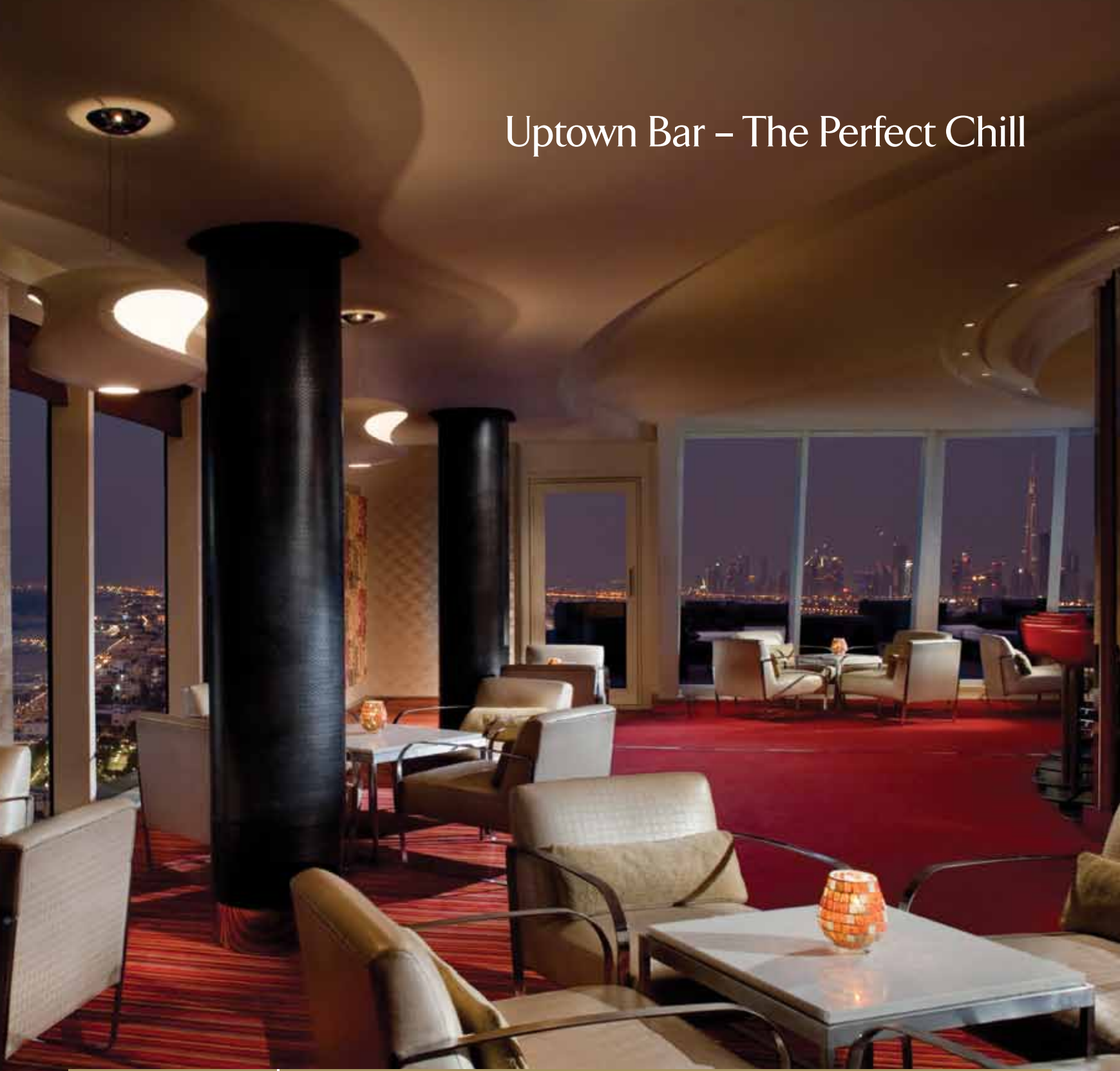
over and chill while you make the topping.

3 Lightly whip the cream with the crème fraîche and icing sugar until soft peaks form. Chill until ready to serve, then pile on top of the trifle and decorate with grated chocolate and fresh cherries, if you like

PER SERV ING 723 kcals, protein 7g, carbs 62g, fat 52g, sat fat 31g, fibre 2g, sugar 55g, salt 0.34g



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WEEKEND

Simple food for friends

Easy
Asian
flavours

A beautifully roasted chicken is always a winner when friends come over. This is just the sort of thing I make when I want to introduce my guests to new flavours, but with favourite, familiar food **BARNEY DESMAZERY**, FOOD EDITOR



Dinner for four

- Prawn & sweetcorn fritters
- Thai spinach bites
- Sticky lime roast chicken
- Stir-fried greens in oyster sauce
- Pineapple rice
- Mango & passionfruit ice

Prawn & sweetcorn fritters
and Thai spinach bites

Photographs PETER CASSIDY | Food styling EMMA JANE FROST | Styling USA HARRISON | Wine notes SARAH JANE EVANS MW

Prawn & sweetcorn fritters

SERVES 4 ● PREP 10 MINS ●

COOK 15 MINS **Easy** **Superhealthy**

Heart healthy, good source of omega-3s

140g/5oz plain flour
1 tsp baking powder
2 eggs
125ml/4fl oz milk
2 tbsp yellow or red Thai curry paste
140g/5oz frozen sweetcorn kernels, defrosted
small bunch spring onions, chopped
small bunch coriander leaves, chopped
140g/5oz raw peeled king prawns, chopped
vegetable oil, for frying
sweet chilli sauce, to serve

1 Tip the flour, baking powder and ½ tsp salt into a bowl or jug. Whisk in the eggs and milk to form a thick smooth batter. Stir the curry paste into the batter and mix until combined. Tip the sweetcorn, spring onions, coriander and prawns into another larger bowl.

2 Pour the batter onto the sweetcorn, mix and fold through to combine. Heat a few tbsp of oil in a large, non-stick pan until hot. Fry large spoonfuls of the batter at a time (do this in batches), for about 2 mins each side, or until golden and cooked through. You will make about 8-10. Keep warm in a low oven while you cook the rest. Serve with sweet chilli sauce.

PER SERVING 399 kcals, protein 16g, carbs 36g, fat 22g, sat fat 4g, fibre 2g, sugar 4g, salt 1.04g

Thai spinach bites

SERVES 4 ● PREP 10 MINS ● NO COOK **Easy**

Mix together **2 segmented and chopped limes**, a **2cm piece of chopped ginger**, **1 finely sliced shallot**, **½ chopped chilli**, **1 tbsp coriander leaves** and **2 tbsp peanuts**. Season with a **dash of fish sauce** and a **sprinkle of sugar**.

Lay **8-12 baby spinach** leaves on a platter. Place a spoonful of the mix on each, then hand round and get everyone to roll them up before eating in one bite.

PER SERVING 36 kcals, protein 2g, carbs 2g, fat 2g, sat fat none, fibre none, sugar 2g, salt 0.15g



Sticky lime roast chicken

SERVES 4 ● PREP 15 MINS ● COOK 1 HR 45 MINS **Easy**

This glaze also works with chicken pieces – just add the glaze at the beginning as they will take just 45 minutes to cook.

4 limes, halved
2kg/4lb 8oz chicken
8 garlic cloves, 4 whole, 4 chopped
1 chilli, deseeded and chopped
large piece ginger
small bunch coriander stalks
2 tbsp soft brown sugar
1 tbsp fish sauce
sliced cucumber, shredded spring onions and coriander sprigs, to serve

1 Heat oven to 190C/170C fan/gas 5. Squeeze all the limes into a bowl and pop the lime halves into the chicken cavity with the whole garlic, half the chilli, half the ginger and the coriander stalks. Place the chicken in a roasting tin and roast for 1 hr.
2 While the chicken is roasting, make a sticky glaze. Add the remaining garlic, chilli, ginger, brown sugar and fish sauce to the

lime juice and use a hand blender or small blender to blitz until smooth. Transfer to a small pan and reduce until thick enough to coat the chicken.

3 When the chicken has been cooking for 1 hr, tip some water into the bottom of the tin. Pour half the glaze over the chicken and continue to roast for 45 mins more, covering with foil if it starts to brown too quickly. When cooked, leave to the side to rest.

4 Pour the juices from the roasting tray, discarding the fat, into the rest of the glaze and pour into a small pan. Simmer over a low heat and taste, adding more sugar or fish sauce if it needs it. Serve the chicken with the cucumber, spring onions and coriander around it and the gravy on the side.

PER SERVING 557 kcals, protein 64g, carbs 9g, fat 30g, sat fat 10g, fibre none, sugar 8g, salt 1.22g



Stir-fried greens in oyster sauce

SERVES 4 ● PREP 5 MINS ●

COOK 5 MINS Easy

Steam about **600g assorted greens**, such as pak choi, asparagus and broccoli, for 3-4 mins until tender. Remove and, while hot, toss with **4 tbsp oyster sauce** and **1 deseeded and finely chopped red chilli**.

PER SERVING 49 kcals, protein 5g, carbs 6g, fat 1g, sat fat none, fibre 4g, sugar 5g, salt 1.71g

Pineapple rice

SERVES 4 ● PREP 5 MINS ●

COOK 10 MINS Easy

My wife and I are divided over this dish – I love it, but she's not mad about fruit and savoury. If you feel the same, then plain steamed rice will be fine.


1 tbsp vegetable oil
2 shallots, chopped
2 garlic cloves, chopped
1 tsp mild curry powder
600g/1lb 5oz cold cooked rice (basmati or jasmine would work best)
300g/11oz fresh pineapple chunks, cut into smaller pieces, reserving any juice
4 tbsp soy sauce
pinch sugar
finely sliced spring onions and chopped coriander

Heat the oil in a wok or frying pan. Sizzle the shallots until tinged then add the garlic and stir-fry for 1 min. Then add the curry powder and rice, and stir-fry to separate the grains. Add the pineapple chunks and juice and season with the soy and sugar. Stir through the spring onions and coriander

PER SERVING 253 kcals, protein 4g, carbs 55g, fat 4g, sat fat none, fibre 2g, sugar 9g, salt 2.74g

Mango & passionfruit ice

SERVES 4 • PREP 15 MINS PLUS FREEZING • NO COOK **Easy**

 **Superhealthy** High in fibre, good source of vit C, counts as 3 of 5-a-day, Low fat. *This refreshing dessert is as easy as making ice cubes*

1 litre carton of mango & passionfruit smoothie
4 passion fruits, halved
1 mango, peeled, stoned and sliced

1 Pour the smoothie into a container such as a loaf tin and freeze overnight, or until solid. Remove and allow to soften slightly for 10-15 mins. Scrape out the seeds from the passion fruit and set aside.

2 Scoop the frozen smoothie into rough balls using an ice-cream scoop or spoon, then put inside each halved passion fruit. Serve with the sliced mango and passion fruit seeds.

PER SERVING 192 kcals, protein 2g, carbs 47g, fat 1g, sat fat none, fibre 9g, sugar 41g, salt 0.02g

Easy yet impressive



WEEKEND

Sensational summer puddings

From refreshing sorbets and ice creams, to sweet seasonal berries, it's hard to beat a delicious fruity dessert served in the sunshine

RECIPES **SARAH COOK** PHOTOGRAPHS **MYLES NEW**




Food styling: SARAH COOK | Styling: ELIZABETH GALBRAITH

There's a bounty of berries now, so take the opportunity to create lots of cooling delights, then stash them in the fridge or freezer to enjoy in your garden after a barbecue or a lazy Sunday lunch

Gooseberry cream & elderflower jelly pots

MAKES 6 • PREP 10 MINS PLUS CHILLING •

COOK 15 MINS **Easy**  Gooseberries are one of my favourite summer berries but they're underused these days, so I've come up with something gorgeous and glamorous to give them the treatment they deserve!

300g/11oz green gooseberries, topped and tailed
100g/4oz caster sugar
600ml/1pt double cream
2 gelatine leaves
100ml/3½fl oz elderflower cordial
nice biscuits, like shortbread, to serve

- 1 Put the gooseberries in a frying pan with 25g of the caster sugar and gently heat until tender, but not pulpy.
- 2 Put the cream and remaining sugar into a small pan, bring to the boil, then simmer for 3 mins. Take off the heat and stir in the gooseberries and any pan juices. Divide the mix between 6 glasses and put in the fridge until they firm up – this will take about 2 hrs.
- 3 To make the elderflower jelly, soak the gelatine in a little water. Warm the cordial in a small pan – when you see it steaming, remove from the heat. Squeeze the gelatine leaves to remove the excess water, then stir into the hot cordial until they are completely melted. Add 100ml cold water, then transfer to a small jug.
- 4 Carefully pour a layer of the jelly mix on top of each glass of gooseberry cream – get the jug as close as possible so you don't disturb the cream. Transfer the little pots to the fridge and chill for at least 3 hrs or until the jelly is set. Serve with biscuits, if you like.

PER SERVING 616 kcals, protein 4g, carbs 31g, fat 54g, sat fat 30g, fibre 1g, sugar 31g, salt 0.08g



Iced trifle slice

SERVES 6-8 • PREP 20 MINS

PLUS FREEZING • NO COOK **Easy** 

2 tbsp toasted flaked almonds
100ml/3½fl oz condensed milk
300ml/1½pt double cream
1½ tbsp Sherry
1 tsp vanilla paste or extract
few drops yellow food colouring, if you like
1 sheet gelatine
400g/14oz raspberries
3 tbsp icing sugar
12 sponge trifle fingers

- 1 Line a 900g loaf tin well with cling film, then scatter over the almonds (if you oil the tin before lining with film, it'll help it keep in place smoothly).
- 2 Divide the condensed milk and double cream evenly between 2 bowls. Add the Sherry to one, and the vanilla paste and food colouring, if using, to the other. Pop the vanilla bowl in the fridge for later, then whisk the Sherry mixture until thick.
- 3 Spoon the Sherry cream on top of the almonds and smooth the surface to level. Cover the tin with cling film, then freeze for about 1 hr until firm.

4 Whisk the vanilla cream until thick, then spoon over the frozen Sherry cream layer. Make this layer as smooth as possible too, then put back into the freezer for another hr until firm.

5 To make the raspberry layer, soak the gelatine in a little cold water while you whizz half the raspberries in a food processor with the icing sugar and 2 tbsp water. Sieve into a small pan and heat gently to warm through. Once it starts to boil, remove from the heat, squeeze out the gelatine and add to the purée, stirring all the time, until the gelatine melts.

6 Crush half the remaining raspberries with a fork, then stir these into the purée with remaining whole raspberries and allow to cool. Spoon the raspberry mix evenly on top of the vanilla layer, press the sponge fingers lightly into it, then freeze until solid – overnight is best.

7 Remove the trifle from the freezer about 15 mins before serving. Tip the loaf tin upside down on a serving plate, then peel off the cling film and cut into neat slices using a sharp knife.

PER SERVING (6) 397 kcals, protein 5g, carbs 27g, fat 31g, sat fat 16g, fibre 2g, sugar 24g, salt 0.12g



Just add cream

Summer berry pie

SERVES 6-8 • PREP 10 MINS PLUS CHILLING • COOK 1 HR Easy 🍴

The polka dots aren't strictly necessary, but I love they way they let you peek into the juicy inside.

350g/12oz plain flour
250g/9oz butter, diced
140g/5oz icing sugar, plus 2 tbsp extra
100g/4oz ground almonds
zest 1 orange, plus a squeeze of juice
1 large egg, separated
750g/1lb 10oz mix of cherries (stoned if you have a stoner, or halved and stoned), blueberries, blackcurrants, redcurrants and blackberries
2 tbsp cornflour
granulated sugar, for sprinkling

1 Put the flour, butter, icing sugar, ground almonds and zest in a food processor and whizz to crumbs. Mix the yolk with 1 tbsp cold water, then add to the processor and pulse until the dough comes together.
2 Split the pastry in half, wrap in cling film, then chill for 30 mins.
3 Heat oven to 190C/170C fan/gas 5. Line a 20cm pie dish with half the pastry, add a sheet of greaseproof paper and baking beans and bake blind for 30 mins. Remove the paper and beans. Mix the berries and cornflour with the extra 2 tbsp icing

sugar and a squeeze of orange juice, then pile into the pie base.

4 Roll out the remaining pastry until big enough to cover the pie with a slight overlap. Whisk the egg white with a fork, then brush a little around the pastry rim. Carefully lift on the pastry lid, trim the edges and press with fork prongs to seal. Use a 2cm cutter, the large end of a piping nozzle or a bottle top to stamp out a few pastry polka dots – discarding the pastry circles you stamp out. Brush all over with more egg white, then sprinkle generously with granulated sugar and bake for 30 mins until golden and the syrupy fruit has started to bubble out of the polka dots.

5 Allow the pie to cool for a few mins before serving hot, or warm or at room temperature, with a dollop of clotted cream, ice cream or drizzle of single cream, if you like.

PER SERVING (6) 800 kcals, protein 12g, carbs 92g, fat 46g, sat fat 23g, fibre 6g, sugar 43g, salt 0.57g

Pistachio friands with chocolate ice cream

MAKES 8 • PREP 10 MINS • COOK 20 MINS Moderately easy 🍴

I love little puds like this: some modern baking, a bit of a cheat, and 'hey presto' – a deceptively easy, but smart result.

500g tub really good chocolate ice cream

few chunks white chocolate, finely chopped (optional)

FOR THE FRIANDS

200g/7oz butter

100g/4oz pistachios, plus a few extra to serve

200g/7oz icing sugar

85g/3oz ground almonds

85g/3oz plain flour

5 large egg whites

1 Heat oven to 200C/180C fan/gas 6 for the friands. Melt the butter in a small pan, then remove from the heat and leave to cool a little. Grease 8 holes of a friand (or muffin) tin with a little bit of the butter.

2 Whizz 85g of the pistachios with the icing sugar until very finely chopped. Tip into a bowl with the ground almonds and flour. Roughly chop the remaining pistachios and set aside.

3 Froth the egg whites with a fork, then pour into the ground nuts and flour mixture with the melted butter and mix well. Pour into the friand tins, then scatter with the chopped pistachios and bake for 15-20 mins until the friands are risen, springy to the touch and a skewer inserted comes out clean.

4 Serve the friands warm, or at room temperature, with a scoop of chocolate ice cream, topped with a scattering of extra pistachios and a little chopped white chocolate, if you like. Delicious with a cup of coffee.

PER SERVING 579 kcals, protein 10g, carbs 49g, fat 40g, sat fat 18g, fibre 2g, sugar 38g, salt 0.51g



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For the kids

If your kids are feeling cooped up at home during the hot summer holidays and in need of something fun and stimulating to do, here are some fun and easy recipes they can cook with you



Easy beef schnitzel

SERVES 5 • PREP 20 MINS •
COOK 10-20 MINS **Easy** uncooked
Superhealthy Good source of iron

5 thin-cut minute steaks
50g/2oz plain flour
2 tsp paprika
2 eggs, lightly beaten
250g/9oz dried breadcrumbs
5 tsp butter
5 tsp olive oil
lemon wedges, to serve

1 Stretch a piece of cling film over a chopping board, lay the steaks on top of it, then put another piece of cling film on top. Use a rolling pin to bash the steaks until they are really flat and thin.

2 Mix the flour and paprika with some salt and pepper on a plate. Put the egg and breadcrumbs on two more plates, then dip the steaks into the flour first, then the egg, then the breadcrumbs.

3 Heat 1 tsp of butter and 1 tsp of oil in a large frying pan, then cook one of the schnitzels for about 1 min on each side

until the breadcrumbs are golden and crispy. Repeat Step 3 for the other schnitzels. Serve with lemon wedges, salad and coleslaw, if you like

PER SERVING 468 kcals, protein 43g, carbs 46g, fat 14g, sat fat 4g, fibre 2g, sugar 3g, salt 0.82g

Alex's mega brownies

MAKES 16-20 ● PREP 10 MINS ● COOK 35 MINS Easy 🧊 Un-iced only

100g/4oz unsalted butter, softened
175g/6oz caster sugar
2 large eggs, beaten
75g/2½oz plain flour
50g/2oz cocoa powder
1 tsp baking powder
3 tbsp milk
4 tbsp mixed white and milk chocolate chips
100g/4oz milk chocolate
75g/2½oz full-fat soft cheese

1 Heat oven to 180C/160C fan/gas 4 and line a 20cm square brownie tin with baking parchment. Beat the butter and sugar together with an electric whisk, then add the eggs one by one. Sift in the flour, cocoa powder and baking powder, and add the milk. Mix everything together, then stir in the chocolate chips. Spoon into the tin and level the top.

2 Bake for 30 mins, or until the top is set, then cool completely. To make the topping, melt the milk chocolate, cool a little, then mix it with the soft cheese. Spread over the cooled brownies and cut into small squares – these are very rich.

PER SERVING 164 kcals, protein 2g, carbs 19g, fat 9g, sat fat 5g, fibre none, sugar 14g, salt 0.16g



Gaby's Victoria sandwich

SERVES 8 ● PREP 30 MINS ● COOK 20 MINS Easy 🧊 Undecorated

140g/5oz butter, softened
140g/5oz caster sugar
2 eggs
140g/5oz plain flour
1 tsp baking powder
1-2 tsp milk
FOR THE FILLING
100g/4oz butter, very soft
140g/5oz icing sugar, plus extra for dusting
2-3 tbsp strawberry or raspberry jam
hundreds and thousands, to decorate

1 Heat oven to 180C/160C fan/gas 4. Grease and line 2 x 20cm sandwich tins. Beat the butter and sugar together with an electric whisk until fluffy. Beat in the eggs, followed by the flour and baking powder. Add enough milk to the mixture so that it falls off a spoon

easily. Divide between the tins and bake for 20 mins or until a skewer comes out clean. Turn the cakes out onto a wire rack and cool.

2 To make the filling, beat the butter until smooth, then gradually beat in icing sugar. Spread butter cream on one cake up to the edges. Spread a layer of strawberry jam on top. Put the second cake on top and squash it down so the butter cream sticks out a bit. Press hundreds and thousands onto the butter cream with a teaspoon. This is messy, so put the cake plate on a tray to catch any that escape. Dust the top with icing sugar, if you like.

PER SLICE 439 kcals, protein 2g, carbs 55g, fat 25g, sat fat 16g, fibre none, sugar 41g, salt 0.58g





Chloe's pink tiramisu

SERVES 6 • PREP 25 MINS PLUS OVERNIGHT CHILLING • NO COOK Easy

135g pack strawberry or raspberry jelly
175g pack sponge fingers
400g/1lb strawberry compote
410g can strawberry or red cherry fruit filling, or 2 x
295g can raspberries in fruit juice, drained
2 eggs, separated
85g/3oz caster sugar
250g tub mascarpone
125ml/4fl oz double cream
amaretti biscuits, to serve

1 Make jelly following pack instructions. Once it has cooled down a bit, dip the sponge fingers one-by-one in the liquid jelly, then line them up in the base of a 20 x 25cm baking dish. Spread the fruit filling on top.
2 Beat the egg yolks with the sugar using an electric whisk until it is pale and creamy. Add the mascarpone and double cream, and keep beating until you have a nice thick mixture.
3 In another bowl, whisk the egg whites to stiff peaks, then fold them into the cream mixture. Spread this on top of the fruit filling layer and leave in the fridge overnight. Serve with a few crumbled amaretti biscuits on top.

PER SERVING 598 kcals, protein 8g, carbs 69g, fat 34g, sat fat 19g, fibre 1g, sugar 58g, salt 0.33g

Lily's lemon cupcakes

MAKES 12 • PREP 20 MINS • COOK 20 MINS Easy Un-iced

140g/5oz unsalted butter, softened
100g/4oz caster sugar
zest ½ lemon
2 large eggs, lightly beaten
140g/5oz self-raising flour
FOR THE BUTTER CREAM ICING
85g/3oz butter, softened
175g/6oz icing sugar
zest and juice ½ lemon
sprinkles or sweets, to decorate

1 Heat oven to 180C/160C fan/gas 4. Line a 12-hole bun tin with fairy cake cases. Beat the butter and sugar in a big bowl with a wooden spoon until it is really soft, then add the lemon zest. Slowly stir in the eggs, then fold in the flour until it is all

combined. Use two teaspoons to divide the mixture between the cake cases. Bake for 18-20 mins until the cakes are golden and springy when you touch them. Cool the cakes on a wire rack.

2 While you wait for the cakes to cool, make the butter cream icing. Beat the butter until it is really soft. Gradually beat in the icing sugar, lemon zest and juice until it is thick and yummy. Spread the butter cream on top of the cakes with the back of a spoon, then decorate with sprinkles or sweeties.

PER CUPCAKE 289 kcals, protein 2g, carbs 34g, fat 17g, sat fat 10g, fibre none, sugar 25g, salt 0.24g





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CHEF SKILLS

Making pastry

Chef Paul Merrett shows you how to make a flavoured pastry to add a new twist to a classic tart

RECIPE **PAUL MERRETT** PHOTOGRAPH **DAVID MUNNS**



Pancetta and cheddar tart with thyme and paprika pastry

1½ HOURS + CHILLING • SERVES 6 • Easy P

full-fat milk 150ml
eggs 3
double cream 250ml
pancetta or bacon lardons 200g
button mushrooms 100g, sliced
mature cheddar 100g, grated
THYME AND PAPRIKA PASTRY
plain flour 200g
smoked paprika 1/2 tsp
thyme leaves 3/4 tsp
butter 100g, chilled and finely diced

- 1** Heat the oven to 190C/fan 170C/gas 5. Make the pastry and line a 24cm (3-4cm deep) tart tin following the steps opposite. Bake for 20 minutes then take out the beans and paper and cook for another 5 minutes or until the base has dried out. Turn down the oven to 150C/fan 130C/gas 2.
- 2** Trim the overhanging edges of the pastry with a small serrated knife while still warm. Whisk the milk, eggs and double cream. Fry the pancetta and mushrooms in a non-stick pan until both are slightly golden. Stir them into the egg mix while still hot then mix in the cheese. Pour the mix into the baked tart case.
- 3** Cook for 40 minutes until just set. Cool a little in the tin and serve warm.

PER SERVING 685 kcals, protein 20.1g, carbs 28.2g, fat 55.5g, sat fat 29.9g, fibre 1.2g, salt 2.46g

Paul Merrett is head chef and joint owner of The Victoria in Southwest London (thevictoria.net). He is the author of several books including *Using the Plot*, *The Allotment Chef* and *Economy Gastronomy*. He is a regular guest on BBC One's *Saturday Kitchen* and co-presented BBC Two's *Economy Gastronomy* with Allegra McEvedy.



1 Sift the flour and smoked paprika with a pinch of salt. Grind the thyme in a pestle and mortar to release the flavour then stir into the flour mix.



2 Add the diced butter to the flour and rub together lightly with the tips of your fingers.



3 Keep rubbing the flour and butter until the mix resembles breadcrumbs.



4 Add 2-3 tbsp water gradually bringing everything together to make a dough. Form into a disc then wrap in clingfilm and rest in the fridge for 20 minutes.



5 Dust your work surface with flour then roll out the pastry into a rough circle, turning every now and again to keep the circular shape.



6 Use the tin as a guide to check you have rolled the pastry big enough. Ideally you want a little bit of overlap to prevent shrinkage.



7 Lift up the pastry onto your rolling pin then carefully unfold onto the tin.



8 Ease the pastry carefully into the tin. Use the side of your little finger to make sure the pastry is pushed into the corners and flutes of the tin.



9 Cut a circle of greaseproof paper big enough to line the tart case then scrunch the paper up to make it pliable. Line the tin with this then fill with ceramic baking beans or dried beans.

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10 simple swaps

Eating well doesn't have to be hard work – just a few small changes can make a big difference

1 DRIZZLE FLAXSEED OIL INSTEAD OF OLIVE OIL

Pick up bottles in health food shops and use in dressings, or simply gulp a teaspoon every morning. It's packed with omega-3s, more than double what you get from the same amount of cod liver oil.

2 SPREAD YOUR TOAST WITH MARMITE, NOT JAM

It's low-fat, low in sugar and packed with B vitamins, folic acid and riboflavin. It's also brilliant for vegetarians as it's a great source of B12, which helps maintain red blood cells, but is mainly found in animal products.



3 TOP JACKETS WITH A CAN OF SALMON

More sustainable than tuna, salmon also contains much higher levels of omega-3.

4 GO SKINLESS WITH CHICKEN

In chicken stews, swap one thigh for a skinless thigh and save 16g fat!



5 DIP INTO YOGURT

Dips can be high in fat, so swap to yogurt-based versions, instead of those made with soured cream or mayonnaise. Find recipes at bbcgoodfoodme.com if you want to make your own.

6 DITCH ICE CREAM FOR LOW FAT FROZEN YOGURT

A scoop makes a great sweet treat after dinner instead of full-fat, cream-based ice cream. Try Ben & Jerry's from Waitrose – there are low-fat yogurt versions of some of its most popular ice cream flavours.



7 GRAB A HANDFUL OF POPCORN

Buy corn kernels and pop your own, then you can control the seasoning levels you add – or just eat it plain. Much better for you than a bag of crisps if you get peckish between meals.

8 GO CAFFEINE-FREE

If you're trying to cut down on your caffeine intake, but fruit and mint teas aren't your thing, try Rooibos or Redbush. Naturally caffeine-free, add a splash of milk for a more satisfying cuppa.



9 TRY BROWN RICE INSTEAD OF WHITE

One cup of brown rice contains about 3.5g of fibre, while a cup of white contains less than 1g. It takes a little longer to cook, but is well worth it.



10 GIVE YOUR MORNING MUFFIN A MAKEOVER

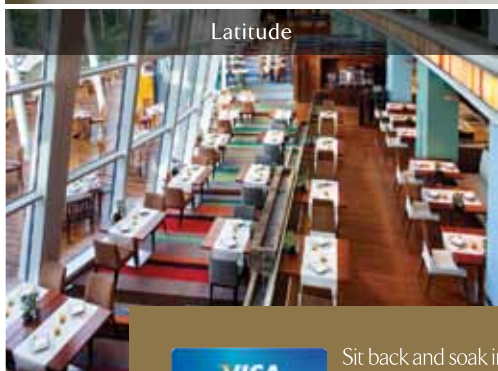
Ready-made muffins and cakes can be full of refined sugars or artificial sweeteners and very high in fat. Homemade are much better for you, and these fruity ones will keep in an airtight container for up to 3 days, or can be frozen for up to a month.



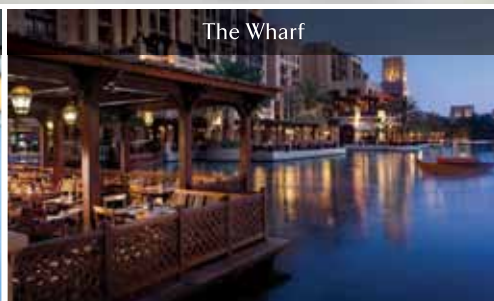
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